

the
J **Y**
of
CANNABIS

**75 Ways to Amplify Your Life Through
the Science and Magic of Cannabis**

MELANIE ABRAMS • LARRY SMITH

the joy of cannabis

The title 'the joy of cannabis' is rendered in a mix of teal and lime green. The word 'the' is in teal, 'joy' is in lime green, and 'of cannabis' is in teal. A cannabis leaf is superimposed on the letter 'o' in 'joy'.

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Introduction



Flower Power

What if there was a safe and (increasingly) legal substance that could make you happier, more productive, and more creative? What if we told you this substance was not actually a substance but a flower, one with all-natural powers that makes music even more beautiful, food even more delicious, and sex even sexier? This magical flower—one that is both two thousand years old and also in the midst of a renaissance—is (drum roll, please) *cannabis*. And in this book, we're going to tell you where it's from, where it's going, and how you can use it to amplify almost any part of your life.

We are, we bet, like many of you, two of the more than 200 million people in the world who use cannabis. And we are fortunate enough to live in one of the many states where cannabis is fully legal (for adult medicinal and recreational use). With each passing year, more and more states are joining the ranks of those that have legalized cannabis for medical and/or recreational use. More cannabis means more pleasure, more connection, and more joy to the world.

Melanie has enjoyed the magical flower since the day it was legalized (or *maybe* a few days before) and is a Type A personality who could not be more grateful for an industry that has fine-tuned strains, strengths, and

delivery systems, all designed to perfect her happy high. Larry was a casual college smoker who initially took a detour after one too many strong pot brownies. Now he navigates a dispensary with appreciation and expertise and has fallen back in love with cannabis and its many pleasures (and after years of insomnia, he's never slept better).

Like many of you, we are fast-moving, high-achieving modern weed users. Sure, we love a beer or a glass of wine at the end of the day, but we prefer THC. Not only does cannabis deliver a magical mood, but flower in all its forms is better for our bodies and our minds. With weed, there are no hangovers, no damage to the vital organs, no drunk dialing the ex. It's a substance that heals, not hurts—just ask the millions of people who use cannabis to treat everything from cancer to epilepsy to migraines. It's part of the mainstream now, and it's here to stay. It's here to be consumed safely, thoughtfully, and—it goes without saying—legally. Check your state's laws...now check again. The legal cannabis train is moving fast and could be stopping in your state before you know it.

In the third decade of the third millennium, the stigma of being a “slacker stoner” is gone. This book is for the new breed of cannabis appreciators: smart and functional adults who enjoy an entertaining inebriant and are rapidly realizing its wide array of benefits. It's for your friend who prefers spending twenty dollars for a week's worth of nightly tokes rather than fifty dollars on a single night at a bar. It's for the mom or dad who was glad to partake when their pals passed the pipe and is now ready to have their own stash. It's for the millennial as comfortable announcing their affection for a good strain as a good pour of Old Forester. It's for the millions of people who already know—or are quickly finding out—all the things cannabis can do for their creativity and productivity, their heads and hearts.

Cannabis not only delivers a magical mood, but flower in all its forms is better for our minds and our bodies.

In the pages that follow, we identify six key pillars of life and discuss how cannabis can amplify each. By expanding the mind, moving the body, unlocking creativity, boosting productivity, fortifying meaningful connections, and sparking joy, you'll soon see how life can be higher and happier through the science and magic of cannabis. For some, these ideas will further awaken their love for an elixir they're already familiar with. For others, this in-depth look into all things cannabis will pique their curiosity and inspire them to be part of the golden age of this ancient flower.

These ideas aren't just about making the mundane miraculous, although you'll find some of that (trust us when we say lacing up your running shoes will never be the same). Rather, they are about letting cannabis enhance your life. We're pretty sure you know that cannabis gives you access to new ways of seeing, thinking, and doing, but just lighting up doesn't always get you there. And that is the reason we wrote this book. Think of us as your guides to the activities that pair best with cannabis's ability to make you a better you and life's rich pageant a little richer.

How do we know so much? We took one for the team and did the research. We completed the field studies, sourced the science, and curated a set of seventy-five life-enhancing experiences, augmenting them with just the right strain and delivery system. The activities make the most of our sensory touchstones: food, music, sex, nature, and more. But there are also the experiences we found under the radar—the surprising, the strange, the profound, the silly, the awe-inspiring, the soothing, the significant.

Each of our six sections begins with an introduction that takes a deep dive, relaying the science and stats with, we hope, comforting clarity. We've also enlisted a number of bold thinkers to share their expertise on how

getting high can rekindle and enhance everything from gardening to yoga to rediscovering your inner child (sometimes with an actual child).

This book is designed to be picked up and opened to any section, enjoyed high or not, left on your bedside table or passed around with a pre-roll on a beach blanket. If you're newer to cannabis, start with our "Toolkit" and get a quick lay of the land, from the many delivery systems you can choose from to what to know before your first trip to a cannabis dispensary.

As cannabis becomes ever more optimized, safe, and legal, millions of new users are discovering its benefits. To you, we say: Welcome. We are delighted to be your cannabis concierges. For readers who've been enjoying herb for years, we know what you're thinking: How can the joy of cannabis be contained in just one book? We feel you on that, friends. And still, like so many of life's pleasures, all things in moderation.

Cannabis has changed our lives. We hope it changes yours.

—Melanie Abrams and Larry Smith, Oakland, California

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The number of reported cannabis deaths in history. You would have to consume 1,000 pounds of cannabis in an hour for it to kill you, which you can't, and so it won't.

Toolkit



“Cannabis isn’t harmful, but prohibition is. Cannabis can provide food, fuel, fiber, medicine, and a spiritual connection. There are so many benefits from this one plant: for health and wellness, for extended patience, for waking up creativity, for enhancing the sounds of music, the taste of food, or the touch of your lover. Cannabis turns an argument into a dialogue, a walk in the park into a spiritual experience.”

—**Steve DeAngelo**, called the “father of the legal cannabis industry” and founder of Harborside Health Center, one of the world’s largest medical-cannabis dispensaries

What It Is

You can smoke it, you can vape it, you can eat it, but what exactly *is* it? That fragrant green flower we all know and love is known by many names, but the botanists (and all the cool kids) know it by *cannabis*, its genus classification. If you paid attention in science, you’ll remember that below the genus classification is the species, and cannabis has (surprise!) three of those. You’re probably familiar with *sativas* and *indicas*, but have you heard of *Cannabis ruderalis*? Probably not, and that’s because it has a super low THC concentration. In other words, it won’t get you high. So we’re thinking you’re more interested in those other species (also called strains).

But first we need to break some unsettling news to you: there's a good chance everything you know about the differences between sativas and indicas is a lie. Take a minute. We understand.

A Flower by Any Other Name

Weed, Pot, Marijuana, Reefer, Mary Jane, Kush, Ganja, Grass, Bud, Herb, Dank, Dope, Skunk, Flower, the Green, the Goods, the Devil's Lettuce, Laughing Grass, Chronic, Shrek's Pubes

Indicas vs. Sativas vs. Hybrids

Most of us have been told that you choose an indica for a relaxing full-body high, a sativa for an energizing cerebral high, and a hybrid for something in the middle. It's not that this may *never* have been true, but as John McPartland noted in his study published in *Botany and Biotechnology*, “distinguishing between ‘sativa’ and ‘indica’ has become nearly impossible because of extensive cross-breeding in the past forty years,” so what you think is a couch-lock-inducing indica may actually be a couch-lock-inducing sativa.

Whether we're talking about an indica or a sativa, we're still only beginning to understand how cannabis affects the body. Blame the U.S. federal government, which classifies cannabis as a Schedule I drug, a product with “no currently accepted medical use and a high potential for abuse.” No medical use equals strict restrictions on clinical trials; few clinical trials equals not a whole lot of info on how cannabis works in our bodies. As such, the importance of cannabis's entire chemical makeup is just starting to make itself known. So while sativas grow tall and thin and indicas grow short and stout, it's most likely a strain's chemical profile—the cannabinoids and terpenes—that determines how it affects you, not its physical features.

Still, the force is strong in anecdotal evidence, and our ongoing personal research still finds us preferring cannabis labeled a sativa to an indica. Our advice: try to hold both contradictory truths at the same time as you look for your favorite cannabis product. Cognitive dissonance, used judiciously, is good for something.

Cannabinoids

Cannabinoids are the chemical compounds found in cannabis that are responsible for helping with pain, nausea, anxiety, inflammation, and that blissed-out euphoria scientifically defined as “being high.” Cannabinoids work their magic by imitating *endocannabinoids*—chemical compounds that our bodies naturally produce. We’ll explain that magical process in a minute, but first let us introduce you to three of the most popular cannabinoids found in cannabis: THCA, CBDA, CBNA.

You may be wondering what those pesky As are doing at the end of your favorite cannabinoids. They stand for “acid” and they’re why, if you chowed down on a bunch of flowers, stems, and leaves, you might have found a new way to get your greens, but you wouldn’t feel much of an effect. That’s because when these cannabinoids are exposed to heat (a process called *decarboxylation*), they lose the A part of their compound, and it’s these new compounds that generate most of the benefits of this magical plant. And what are those benefits? We’re glad you asked. So glad that we wrote a whole book about them, but for now, here’s your primer on the current stars of the show. But remember, despite the fact that researchers have *identified* over one hundred cannabinoids, it doesn’t mean they’ve studied them. For all we know, we’ll be singing the praises of CBC in the next edition of this book.

- **THC**, or *tetrahydrocannabinol*, or its full name when it’s in trouble, *delta-9-tetrahydrocannabinol*, is the chemical responsible for most of cannabis’s psychoactive effects (elation, relaxation, laughter,

slowed perception of time) and some of the less desirable effects (dry mouth, red-eye, munchies).

- **CBD**, or *cannabidiol*, the second most abundant cannabinoid found in cannabis, is non-psychoactive and has been shown to be useful in treating insomnia, anxiety, chronic pain, and epilepsy. But like all things cannabis, researchers are only starting to investigate the what, how, and why of CBD, so watch this space!
- **CBN**, or *cannabinol*, is the new kid on the block and the cannabinoid created when THC ages (so dig out that old dime bag in the back of your sock drawer). Like CBD, it won't get you high, but researchers are looking at ways it acts as an antibiotic, neuroprotectant, and anti-inflammatory.
- **DELTA-8 THC**, or *Delta-8-Tetrahydrocannabinol*, is often called “cannabis light.” On a molecular level, Delta-8 and Delta-9 (what most of us refer to as simply “THC”) are nearly identical, but they're just different enough so that Delta-8 has a much mellow psychotropic effect. Thanks to a loophole in the 2018 farm bill, Delta-8 is unregulated at the federal level, an omission that makes it legal to ship Delta-8 across the United States.

Terpenes

Terpenes are the oils that give cannabis (and other plants) its specific smell and taste. That's why your Harlequin smells like a pine tree, your Do Si Dos like a lemon, and your Dutch Treat like pepper and cloves. But terpenes don't exist just so your mom can say, “Does anyone smell a skunk?” They protect plants against danger (Deer! Slugs! Global warming!), and they help produce the effects that, in the past, the cannabinoids have taken all the credit for. But all that's changing as researchers are finding that the terpenes are just as important for getting you the effect you're after. Meaning, if you find relaxation difficult, find a strain high in linalool, also found in

lavender, which is why those calming eye pillows smell so good. Can't focus? Limonene and its citrusy scent improve focus and decrease stress. Follow your nose to the right strain, or use our chart (and your helpful budtender, the fancy name for the cannabis expert at your local dispensary) to find the right profile for what you're after.

Terpene Medical Benefits

NAME	FOUND IN	EFFECTS	AROMA	STRAINS
MYRCENE	Mangos	Anti-inflammatory	Musky	Chemdawg
	Lemongrass	Sedative	Herbal	Grape Stomper
	Hops	Muscle relaxant	Somewhat	Fire Alien Kush
	Basil	Pain relief	citrusy	Agent Orange
A-PINENE	Pine needles	Boosts energy	Pine	Vanilla Kush
	Rosemary	Improves focus	Fresh	Cookie Cross
	Dill	Bronchodilator	mountain air	9lb Hammer
	Parsley	Improves memory	Slightly woody	Lavender
CARYOPHYLLENE	Clove	Pain relief	Spicy Woody Pepper	Gorilla Glue #4
	Black pepper	Anti-depressant		Tangerine Dream
	Cinnamon	Anti-inflammatory		Sage N Sour
	Oregano	Anti-anxiety		Pineapple Express
LIMONENE	Lemons	Improves mood	Citrus Lemon Orange	Girl Scout Cookies
	Limes	Anti-anxiety		Pre-98 Bubba Kush
	Oranges	Anti-depressant		Tangerine Dream
	Grapefruits	Relieves nausea		Green Crack
HUMULENE	Hops	Anti-inflammatory	Woody Earthy Herbal Spicy	Liberty Haze
	Sage	Appetite suppressant		Gorilla Glue #4
	Ginger	Pain relief		Green Crack
	Ginseng	Anti-tumor		Sage N Sour
LINALOOL	Coriander	Anti-anxiety	Floral Sugar Citrus	Bubble Gum
	Jasmine	Sedative		9lb Hammer
	Lavender	Pain relief		Sour Diesel
	Thyme	Anti-bacterial		Locomotion

The Entourage Effect

In ye olden days, we thought cannabis's superpowers were fueled exclusively by the mighty cannabinoid, THC. (Raise your hand if you were today years old when you realized this wasn't true.) And although THC may be the workhorse of cannabis, it doesn't act alone. In 1998, professors Raphael Mechoulam and Shimon Ben-Shabat introduced us to the *entourage effect*—the synergy that takes place when THC, the other cannabinoids, and terpenes work together to get you both high and healthy. You may have also heard this referred to as “whole-plant medicine” or the notion that you need all the compounds in cannabis to deliver its full benefits. Sure, THC is the cannabinoid that gives us those feel-good happy times, but think of the other cannabinoids and terpenes as the folks that help THC be its most effective self. There's still a lot of discussion over how important the entourage effect is (which is why you shouldn't necessarily discount that pure THC edible), but it's worth keeping in mind when you're figuring out what strain or tincture works best for you.

Strains

Cannabinoids, terpenes, entourage effect. *Damn, can't I just get high?* Yes, but first answer these two questions so we can get you where you want to go: (1) What's my preferred delivery system? (2) What strains work best for my body? We'll help with the former in a moment, but for the latter, we're here to instruct. The good news is that once you find your preferred strain, you're golden. The bad news is it might take some time to get there. Remember, you don't want to walk into a dispensary and open up with, “Give me your best indica.” First it's a gosh-darn mess of inbreeding out there, so who knows what you're getting. Second, you don't judge a book by its cover, so why pick a strain based on its height and leaf shape?

Instead, ask about strains that give you the effects you're after. If you tell your budtender you hate sativas because they make you anxious, they might hand you a high THC indica. In reality, it's the high THC that's making you

think the walls have eyes, not whether it's a sativa or indica. Instead ask for something that's great for dancing but won't leave your mind racing. You might end up loving the low THC, high CBD "sativa" they suggest.

A last word on strains. The truth is, anyone can slap an OG Kush label on their product and call it a day, and while we like to think the cannabis community is here to help, the reality is that there's not a whole lot of regulation out there yet. One farm's Purple Haze may have a 15 percent THC content, while another's may have a 20 percent THC content, which is why you'll not only want to pay attention to strain but the farm it's grown on. But trust us, once you find your equivalent of our Durban Poison (preferably from UpNorth), your world will never be the same.

How It Works

Who's to say that cannabis isn't simply a magical enchanted plant that, upon entering the body, turns us into blissed-out beings who delight in each other and the world around us? Science, that's who. In the following six sections, we'll explain the science behind how cannabis helps us be more productive, creative, connected, and joyful. And in order to get to the specifics, we need to start at the very beginning with how and why cannabis works in our bodies. And that is due entirely to the endocannabinoid system.

The Endocannabinoid System

Get ready to have your *mind blown*. Right now, within your very body, exists a molecular system that works so perfectly with the chemical makeup of cannabis that it was named AFTER CANNABIS. In 1988, two scientists at the St. Louis University School of Medicine were researching how THC affected the brain when they discovered receptors that were activated by cannabinoids. Voilà, cannabinoid receptors were christened, specifically CB1 (cannabinoid receptor 1) and CB2 (cannabinoid receptor 2). CB1

receptors, which occur in other parts of the body but are most abundant in the brain, are the lock to THC's key. When THC jiggles its way in there, we get a heavenly high. CB2 receptors are mostly found in immune cells and also have an important job to do: they help with immune system regulation.

Our cannabinoid receptors aren't just sitting around waiting until it's 4:20. It turns out that our bodies produce natural cannabinoids, called endocannabinoids ("endo" meaning "within," as in within the body), that bind to and activate cannabinoid receptors, just like cannabis. That's right, your body is producing cannabis-like compounds right at this very moment. Buuuut...they're not going to get you high, or at least not in the same way. Still, they have their own very important work to do, and they are vital to understanding the science behind the magic of cannabis. CB1 receptors, you may recall, are the lock to THC's key. Guess what other keys fit in that lock—those naturally occurring endocannabinoids. When they bind to CB1 and CB2, they help relieve pain, reduce inflammation, affect mood, shrink tumors, and more.

There are two major endocannabinoids, *anandamide* and *2-AG*, but best in show goes to anandamide. Anandamide, the name of which is derived from the Sanskrit word *ananda*, which translates to "joy," is sometimes called "the bliss molecule." That's because although anandamide has many jobs (regulating ovulation, managing pain, stimulating appetite), it's best known for enhancing mood and diminishing fear and anxiety. Think of it as the neurochemical that helps keep the good vibes rolling.

But if anandamide is so good at keeping you feeling groovy, why aren't we constantly high? One reason is that although anandamide and THC both bind to CB1 receptors, they don't have the same effects. Anandamide may *help* with mood, but it's not going to get you that omgsogood feeling that THC will. Another reason has to do with the third component of the endocannabinoid system: enzymes. Enzymes break down the endocannabinoids quickly after they do their job, so there's no time for us

to savor a high. On the other hand, strongman THC resists the enzymes and sticks around a lot longer.

So yes, the endocannabinoid system is there to get you feeling alright, alright, but it has an even bigger role: to keep your body in a state of homeostasis, or balance. Our bodies don't want our blood sugar to be too high or too low or our temperature to be too cold or too hot (just like suspected stoner Goldilocks). The endocannabinoid system helps regulate all this so our bodies maintain optimal performance. This is also the reason researchers are so interested in how THC, CBD, CBN, and the rest of the cannabinoids work within the endocannabinoid system. If endocannabinoids help keep our bodies healthy, it stands to reason that plant cannabinoids can do the same. And they do! We'll tell you about some of those ways in the six sections that follow, even as we're still in the early days of discovering the science behind the magic, so stay tuned.

Dopamine and Serotonin

But what about dopamine and serotonin? Doesn't cannabis trigger these feel-good hormones, thus making us...feel good? Yes. And no. For a long time, scientists thought this was the case because drugs like cocaine and amphetamines do, in fact, trigger a flood of dopamine and serotonin, but not so with cannabis. In fact, the most recent research shows that although cannabis consumption does produce an increase in dopamine and serotonin, it's not enough to get us blissed out. For that, we need the endocannabinoid system. Need more proof it's those CB1 receptors that are doing the good work? Scientists found that when cannabis was smoked by people who had their CB1 receptors blocked, those folks didn't get high. Too bad for them, but go science!

How You Do It

Regular cannabis users reading this have probably convinced themselves they know exactly how to consume cannabis. We, dear reader, were once like you. And sure, one of us still prefers to go old school and smoke a bowl, while the other fancies an edible when given the choice. But we have learned that the cannabis world is full of wonders, and we encourage you to experiment. You might surprise yourself and find a new favorite way to imbibe.

Inhalation

Inhaling cannabis, whether through smoke or vapor, is going to be the fastest way to get you high. This is because the cannabinoids enter the body through the lungs and are passed along directly into the bloodstream, giving you almost instant effects. To smoke your cannabis, you do what comes naturally: light your flower on fire and inhale your cannabinoids. Vaporizing, or vaping, acts in a similar way, but rather than burning your weed, you're steadily heating it to a temperature that is high enough to extract the cannabinoids via mostly odorless vapor. You can pretty much smoke and vaporize all forms of cannabis, but with all those choices out there, it can get confusing. Here's a quick primer on how to choose what you inhale and how you inhale it.

The Plant

- Flower is...you guessed it...the flower of the cannabis plant. If you're buying in a dispensary, it comes dried and cured and ready for incineration.
- Kief is an accumulation of trichomes, or resin glands, sifted from flower (and it's what makes your bud sticky). It's the most potent part of the cannabis plant with the highest amount of THC. Collect your own by using a three-chamber grinder. When you grind your flower, the kief crystals fall through a screen and collect in the

bottom compartment. We recommend sprinkling it on a bowl or peppering in a joint, but use a light touch. That stuff packs a punch much stronger than the flower it came from.

Solvent-Based Extracts

- Concentrates or BHO (butane hash oil) are concentrates made using pressurized butane to extract THC and other cannabinoids. We like BHOs because the extraction process preserves the cannabinoids and terpenes and leaves you with a high THC product that is marketed by consistency: wax, shatter, badger, crumble, etc.
- CO2 extracts use carbon dioxide to extract THC and other cannabinoids. Most vape cartridges are filled with CO2 extracts. If you want pure THC (or CBD) without the terpenes and other plant matter, you can opt for a distillate, a form of a CO2 extract, which is virtually tasteless and often used in edibles.

Solventless Extracts

- Hashish, or hash for short, is derived from kief and is harvested in one of three ways: (1) by hand (literally rubbing the kief between your hands until they're brown and sticky with resin), (2) by mechanically beating the whole plant, often in a rotating tumbler, and removing the resin, or (3) by plunging the plant into icy water and then using small sieves to remove the resin (this is often called bubble hash). Hash is then pressed into cakes using sheer force and heat. Just like kief itself, hash extracts the most potent part of the plant for some hiiiiigh THC times.
- Rosin combines heat and pressure to squeeze the resin from flower, hash, or kief and turn it into a sap-like consistency. Rosin is similar to BHO concentrates but without the solvents.

Let's Get Rolling

- **Joint:** Cannabis rolled up inside a rolling paper. (See “Pass the Dutchie on the Left-Hand Side” for how to roll your own.)
- **Spliff:** A mix of cannabis and tobacco rolled up in a rolling paper.
- **Blunt:** Cannabis on the inside, a cigar or blunt wrapper (made of tobacco) on the outside.
- **Roach:** The remains of a joint, spliff, or blunt after most of it has been smoked. Usually smoked with a roach clip to keep your fingers from being burned (and for maximum '70s nostalgia).
- **Bong:** Otherwise known as a water pipe. Fire up a bowl, and then inhale the smoke that's been filtered and cooled by the water in the reservoir. The water may filter out some particulate, but don't believe the hype about it being much healthier than other smoking devices. Sorry, dudes.
- **Dab rig:** A pipe designed for vaporizing cannabis concentrates. Similar to a bong, a dab rig filters concentrate vapor through water, but you'll need a special rig to do it because dab rigs require a “nail” (made of glass, ceramic, or titanium) to hold the dab or concentrate. You'll also need a way to heat your nail enough to vaporize your dab. A lighter won't do it, but a blow torch will. (Don't worry. They come in compact sizes, and you can also use it to brown your crème brûlée!)

Oral

Back in the old days, there was no dropping into a dispensary to pick up some perfectly dosed edibles. You had to make your own. Don't get us wrong, we're fans of at-home cooking with cannabis (see “Cannabis

Cuisine”). It’s fun. It’s cheap. And you can infuse anything from the classic brownie to the ambitious lobster thermidor. But for convenience and super precise dosing, the options are abundant—gummies, popcorn, ice cream, energy drinks...pizza sauce! But before you go to your local dispensary with a grocery list, here’s the rundown on how edibles work and how to use them.

There are a bunch of benefits to eating your weed: you’re not inhaling anything into your lungs, you know how much THC you’re consuming, it’s easy and discreet, and the effects last longer. The downside is you’re not always the most reliable predictor of your own high journey, so it’s easy to eat just a liiiittle more when you’re not feeling the effects. And this can result in what we’ll politely call “overmedicating.”

When you consume an edible, THC is absorbed through the digestive system and metabolized by the liver, which converts it to *11-hydroxy-THC*. This slightly different compound is particularly good at crossing the blood-brain barrier and often results in a more intense high, which may take hours to fully set in. Add in the fact that an edible high typically lasts longer than an inhaled high (four to six hours on average compared to around two hours for inhaling), and you can see why it might be easy to overconsume and then be one very unhappy camper. While overdoing it isn’t usually dangerous (and has never been fatal), it can be uncomfortable, which is why you’ll see this advice repeated a number of times throughout the book: start low and go slow.

The following sections provide some recommendations for easing your way into edibles, but remember everybody (and every body) interacts with cannabis a bit differently, so wait at least four hours before you eat more. You can always increase your dosage the next time. The other reason to go slow is that despite the fact that edibles are labeled with dosage information, oversight on manufacturing is still not totally reliable, so it’s possible that a product has more (or less) THC than stated.

Know Your Dose

Edibles are usually packaged with information on both the total milligrams of THC per package and per serving. Make sure you read carefully so you get your dosing right.

- Beginner/Low Tolerance: 1–5 mg THC
- Intermediate/Mid Tolerance: 5–20 mg THC
- Advanced/High Tolerance: 20+ mg THC

Topical and Transdermal

You can smoke it, you can eat it, you can...apply it? Yes! But also no. If you're looking to get high, a topical isn't going to cut it. Lotions, oils, lubes, and balms are all intended to have an effect at the application site, which makes them great for soothing skin but not the best delivery system if you're looking for full body/brain effects. This is because when THC is absorbed by the skin, cannabis molecules linger in fat cells and aren't absorbed by the bloodstream.

Transdermal products, on the other hand, are designed to penetrate the skin and work their way into your bloodstream. Transdermal patches and gels are made to release THC over time and at a controlled rate, so effects are more like those you'd get from an edible. In other words, don't go applying patches all over your body because the first one "isn't working."

THEN

NOW

Reefer

Cannabis

7-Eleven munchies raid

Five-course farm-to-table
cannabis-infused dinner

"I didn't inhale."
—Bill Clinton

"I inhaled. Frequently."
—Barack Obama

Pink Floyd's *The Wall*

Tycho's *Awake*

Twilight Zone on VHS

Broad City on Netflix

Glass water pipe

USB rechargeable vape pen with
temperature-controlled battery

Pot brownies

Micro-batch salted caramels infused
with hybrid terpene-enhanced distillate

Wake and bake

Wake and bake and create
your own podcast

Beeping your guy

Allowing your budtender to unlock
the glass display cases and offer a
sniff. Take in the notes of citrus and
cacao in each beautiful bouquet

Bonnaroo Festival
with college buddies

Colorado Cannabis Tours weekend
package: glass bong blowing
demo, cannabis-infused massage,
and grow house visit included

Get high and watch
dumb movies

Get high and watch
dumb movies

Glad You Asked

There are no bad questions, said every teacher ever, and possibly Confucius. Here are some of the questions we get asked most frequently, with answers that will make for great fodder at your next dinner party.

I've never been to a dispensary, and I'm a little intimidated.

Any tips?

Even seasoned cannabis users can be overwhelmed by their first trip to a dispensary, a sensation brilliantly depicted in *The Simpsons* episode in which Marge gets a job at an upscale dispensary. (Season 31, episode 17. Watch. Now.) We talked to Mimi Lam, cofounder of the Canada-based dispensary group Superette, and Steve DeAngelo, “father of the legal cannabis industry” and founder of Harborside, one of the world’s largest medical cannabis dispensaries, on how to navigate your first visit like a seasoned pro.

- **Everyone has a first time:** “Stepping into the dispensary is most of the battle for first-timers,” said Lam. “Recognize that by even getting there, you’ve already done a lot. Most intimidation is from the self, not the budtender.” Steve DeAngelo suggests visiting a full-service dispensary that has cannabis concierges on the floor who can spend time answering all your questions. You may pay a higher price, he said, but “you can learn from them and then you can decide to go to a high-volume dispensary that will offer less personal service but cheaper prices” on subsequent visits.
- **Avoid bud rush hour:** “When the store opens or after office hours are going to be busiest, so a budtender will have less time,” said Lam. “Go midday on a weekday for the most personalized service.” That said, she recognizes that many customers prefer anonymity. If

that's you, Lam recommends going during the busy hours "when it's more crowded and you can just blend in."

- **Leave your preconceived notions at the door:** Whether you're new to the flower or an old pro, a lot has changed in the cannabis offerings, so keep an open mind. "One size doesn't fit all," said Lam. If you haven't been a fan of flower, consider giving it another shot with a low-potency flower or vape. If you don't like the gummies or chocolate so prevalent in edibles, give a gel cap a go. If you're not an alcohol drinker but want something to hold at a party that will also bring a nice buzz, Lam recommends the fast-growing cannabis-infused beverage offerings. "That way," said Lam, "you can have a drink while others are having a drink."
- **The nose knows:** Steve DeAngelo encourages us to let smell guide our flower buying. "Mother Nature created layers of complexity that we don't even understand," DeAngelo said, "but our noses can identify what to put in our bodies." He recommends lining up six different strains of cannabis and giving them all a smell. The one that smells best to your nose is the one your body wants, and the one your wallet should buy.

I've noticed you almost never use the word "marijuana" in the book. What's up with that?

For thousands of years, cannabis was considered a recommended drug for both recreational and medicinal purposes. Then, in 1930, Harry Anslinger became the first commissioner of the Treasury Department's newly formed U.S. Federal Bureau of Narcotics and announced a "War on Drugs," one aimed primarily at Black and brown people. "Reefer makes darkies think they're as good as white men," he was quoted saying. "There are 100,000 total marijuana smokers in the United States, and most are Negroes, Hispanics, Filipinos, and entertainers." His racist and xenophobic beliefs

also coincided with the immigration of tens of thousands of Mexicans, which escalated many Americans' anti-Mexican sentiments. Anslinger conflated the two issues and adopted the Spanish word "marijuana," rather than the already widely used "cannabis," so white Americans would associate cannabis and its purported violent side effects with Mexicans.

So on the hardworking backs of those fighting the good fight for this glorious plant, we too are weeding out the word "marijuana," with its racist origins, in favor of the scientific term, "cannabis."

Can you settle a bet with a friend? Who's the bigger weed baller, Willie Nelson or Snoop Dogg?

A question for the ages. If you need more proof that cannabis does wonders for creativity and productivity, look no further than these legends of the smoke and masters of their craft. So who is the king of cannabis? In a 2018 interview with Jimmy Kimmel, Snoop Dogg (speaking in the third person) offered the straight dope: "Willie Nelson is the only person who's ever out-smoked Snoop Dogg. I had to hit the 'time out' button."

What's the deal with "420" as shorthand for getting high? Is it Bob Marley's birthday?

Nope, not even close.

Then is it police code for a cannabis arrest?

Another urban legend.

Then is it because of Bob Dylan's legendary "Everybody must get stoned" refrain from "Rainy Day Women No. 12 & 35?" 12 multiplied by 35 does equal 420?

Uhh...no.

Fine, I give up.

4:20, as the real story goes, is the time of day when a group of friends at San Rafael High School in California would meet to hunt for a rumored abandoned stash of cannabis. The guys met at a statue of Louis Pasteur and knew it was time to meet if one called for a “4:20 Louis,” which eventually became just 4:20. In a terrific recounting of this story on the podcast *Criminal* (episode 64), 4:20 posse member Dave Reddix explained that in 1971, “we’d meet at 4:20 p.m. and hop in a ’66 Chevy Impala with a killer Craig 8-Track stereo, and we smoked all the way out there and started our search. It looked like a scene from one of Cheech & Chong’s movies; we’d get the whole car clouded up with smoke and be listening to these eight-track tapes and talking and grooving and having a great time and excited to find this stash.”

You’re telling me a random treasure hunt turned into a global code for getting high?

Essentially, but there’s more. This being the Bay Area, Reddix’s brother was a friend of Grateful Dead drummer Phil Lesh. The Dead dug the phrase... and the rest is cannabis history.

So did the kids ever find the green treasure?

Sadly, they did not. But something even better happened. In 2017, 420 was added as an official entry in the *Oxford English Dictionary*. And while a stash of grass eventually runs out, the OED is forever.

Why won’t my doctor talk to me about some of this fantastic flower’s many benefits?

Lots of reasons. For over a millennium, cannabis has been shown to have huge health benefits, but the reefer madness hysteria and drug laws of the 1930s and ’40s put cannabis in the proverbial corner. Even with the fast-

moving legalization train and recent wokeness around its many benefits, many medical professionals still don't know much about cannabis. Blame this on lack of clinical trials and fear. Even in states where cannabis is legal, doctors risk losing their medical license if they discuss a drug that still isn't legal on the federal level.

Got it. So is this book intended as a substitute for advice from a medical professional?

No. No, it is not.

You have a lot of great ideas here. Anything I shouldn't do high?

Yes, many things. A partial list: attend a political convention (unless you're Sarah Silverman; google it); make a major purchase; skydive; enroll in a nonrefundable mime academy; light up in the parking lot of your local police station (even in states where cannabis is legal, the open consumption laws are still pretty fuzzy); join the Merchant Marines; operate heavy machinery; drive.

So you wrote a whole book on cannabis. What's your favorite thing to do while you're high?

We're glad you asked. See any page of this book.

“We've been using the plant ever since we became human beings. This hundred-year period of history will be recognized as a bizarre aberration when we willingly divorced ourselves from this incredible plant.”
—**Steve DeAngelo**, aka “The father of the legal cannabis industry”

Cannabis: A Brief History of High Times



2737 BC: Oldest reported reference to the cannabis plant. *Shen-nung Pen Ts'ao Ching*, a Chinese pharmacy book, notes cannabis has over 100 medical uses, including treating gout, malaria, and rheumatism.

500 BC: Phytochemical analysis indicates that cannabis plants were burned in wooden braziers during mortuary ceremonies at the Jirzankal Cemetery in the eastern Pamirs region of Central Asia.

480 BC: Classical Greek historian Herodotus reports that the Scythian people inhale hemp-seed smoke vapor for enjoyment and use in rituals. Much to the Scythians' disappointment, Cheetos will not be invented for another 2,400 years.

1200s: Cannabis is introduced to the Arab world and consumed as an edible before the era of smoking begins.

1300s: Soudoun Sheikouni, the emir of Joneima in Arabia, prohibits cannabis use in what is likely the earliest recorded banning of the plant.

1583: King Henry VIII issues a proclamation for farmers to grow cannabis.

1607: Colonizers write about indigenous communities using “hempe” in Powhatan village, now Richmond, VA.

1894: The British government completes a research report on cannabis in India, finding that “moderate use practically produces no ill effects.”

1906: First restrictions of sale of cannabis in Washington, DC.

1930: Harry Anslinger becomes first commissioner of the Treasury Department’s newly formed United States Federal Bureau of Narcotics and announces a “War on Drugs,” primarily aimed at Black and brown communities.

1936: *Reefer Madness*, a racist anti-cannabis propaganda film with dialogue such as, “Marijuana smoking by white women makes them want to seek sexual relations with Negroes, entertainers, and others,” sets the safe and legal cannabis movement back decades.

1937: The Marijuana Tax Act prohibits production of hemp, in addition to cannabis, in the U.S., leading Dr. William Woodward, counsel for the American Medical Association, to announce, “That was a major mistake.”

1943: The U.S. government promotes production of hemp in order to produce cloth and other products for soldiers in WWII. *Hemp for Victory*, a promotional film, is released.

1944: The LaGuardia Report states that contrary to earlier research and propaganda, use of cannabis does not induce violence, insanity, or sex crimes and is not a “gateway” drug that leads to addiction or other drug use.

1948: Cheetos are invented.

1951 & 1956: The Boggs Act (1951) and President Eisenhower’s Narcotics Act (1956) impose mandatory minimum sentences, making it possible for low-level drug possession, including

cannabis possession, to result in prison terms of more than twenty years.

1964: Bob Dylan introduces the Beatles to cannabis after mistaking their “I Want to Hold Your Hand” song lyrics “I can’t hide” for “I get high.”

1970: Bill Murray, on the way back to Denver to resume his premed studies at Regis College, is busted at Chicago’s O’Hare airport with two pounds of weed. He soon drops out of college and turns his attention to comedy.

1971: President Nixon signs the Controlled Substances Act into law, establishing the current U.S. federal drug policy. That same year, the first Hash Bash, a celebration of cannabis in the form of civil disobedience (that is, openly using cannabis), takes place at the University of Michigan in Ann Arbor.

1978: Cheech and Chong release *Up in Smoke*, and the cinematic cannabis canon is born.

1984: Ronald Reagan signs the Comprehensive Crime Control Act, which expands cannabis possession penalties and establishes federal mandatory minimum sentences.

March 29, 1992: Bill Clinton tells *Time* magazine he smoked cannabis, “but I didn’t inhale.”

1993: Matthew McConaughey says his signature phrase “Alright, alright, alright” in stoner movie classic *Dazed and Confused*.

1994: The San Francisco Cannabis Buyers Club, the first legal dispensary in the United States, opens as a way to dispense cannabis to patients with HIV/AIDS.

1996: California is the first U.S. state to legalize medical cannabis, defying federal law.

2001: Canada is the first country to systematically regulate medical cannabis.

2006: Austin-based music writer Andy Langer gets high with Willie Nelson and Snoop Dogg in the same week. See website joyofcannabis.org for the true story from Langer.

2006: Harborside Health Center, a recreational and medical cannabis dispensary, opens and serves over 50,000 registered patients in its first year.

2009: Michael Phelps is suspended from all competition for three months and loses an endorsement deal from Kellogg's for a photo of him smoking from a bong.

2010: According to the United Nations' World Drug Report, cannabis is "the world's most widely produced, trafficked, and consumed drug."

2012: Colorado and Washington legalize recreational use of cannabis, the first two American states to do so.

2013: Uruguay's president legalizes recreational cannabis and makes Uruguay the first country in the modern era to allow legal cannabis use.

2014: The Justice Department announces a policy to allow Indigenous tribes to use and sell cannabis on reservations.

2016: *High Maintenance*, starring Ben Sinclair as everyone's favorite weed dealer, gets picked up by HBO.

2018: Bob Marley's son, Damian Marley, purchases a 77,000-square-foot California prison and turns it into a cannabis grow space to cultivate medical cannabis for state dispensaries.

December 3, 2020: The U.S. House of Representatives votes to decriminalize cannabis at the federal level.

March 2021: Lawmakers in Mexico approve a bill to legalize recreational marijuana.

What's Next: Who decides the future of cannabis? Researchers, lawmakers, and you. Here's hoping and working toward a safe, legal, and equitably lit world.



Body



Cannabis is well known as a balm for the mind, but its effects on the body are just as profound. Growing research shows that cannabis acts as an anti-inflammatory, relieves chronic pain, alleviates anxiety and depression, helps with insomnia, treats chronic disease (such as epilepsy, Parkinson’s disease, diabetes, and cancer), and (we swear) even helps with weight loss. And get this: cannabis may even keep you moving in the gym longer. In a study from the University of Colorado, Boulder, respondents who said they use cannabis for exercise workout forty-three minutes more per week than people surveyed who don’t partake.

We could cite studies and bombard you with facts from top medical journals, but you probably didn’t pick up this book to read about how a bunch of scientists discovered that cannabinal inhibits the growth of Lewis lung adenocarcinoma cells (go science!). Instead, we’ll stick to broad strokes and tell you about our three favorite cannabis body benefits: increased focus and motivation, pain relief, and physical pleasure (and know we address our favorite body benefit—the joys of high sex—in “Connection”). But first a quick reminder on how the endocannabinoid system works.

The endocannabinoid system is made up of three core components: endocannabinoids, receptors, and enzymes. Endocannabinoids are neurotransmitters, or chemical messengers, that bind to the

endocannabinoid receptors to help the body run smoothly by relieving pain, reducing inflammation, affecting mood, shrinking tumors, and more. The enzymes then break down the endocannabinoids once they've done their job.

Ultimately, it's the teaming up of the receptors with the endocannabinoids that makes the magic happen. Together, they have one terrific task: to bring our bodies to homeostasis, or balance. In a healthy body, they're constantly working to keep us in a place of stability. Now, add cannabis. Healthy bodies get a double dose of cannabinoids, and bodies that need a little healing get some extra TLC. Your endocannabinoid system is among the many reasons you've never lost a foot race, or a debate, to a beetle.

And since endocannabinoid receptors are found in 90 percent of our bodies, cannabis can help balance out everything from mood to inflammation and can even make exercise more effective as well as help with recovery and cool down. In one study published in the *Journal of Clinical Investigation*, researchers found that activating CB1 receptors in mice motivated them to run. There's growing evidence that CB1 receptors also play a central role in humans' motivation to seek aerobic exercise, whether it's a gentle yoga class or a hoops game with money on the line. In a moment when obesity rates are at the highest levels—nearly tripling between 1976 and 2008—we need every tool in our fitness toolbox to get our bodies moving.

Even elite athletes are finding cannabis helps with peak performance. Matt Barnes, who won an NBA championship with the Golden State Warriors, told *The Bleacher Report*, “All of my best games, I was medicated,” and former Dallas Cowboy Shaun Smith said, “I smoked two blunts before every game.” If the professionals are doing it, shouldn't we? The answer is yes, yes we should. But we're also going to assume you know that getting high and extreme sports probably don't mix. So maybe nix the skydiving and BMX racing when you partake.

The benefits of cannabis on the body don't just align with getting fit. Cannabis can also act like a mood enhancer, stimulating dopamine, a neurotransmitter that affects pleasure, and can even act as nature's own ADHD medicine. "Cannabis appears to treat ADD and ADHD by increasing the availability of dopamine," says cannabis researcher Dr. David Bearman, who has seen breakthroughs with his patients. "It has the same effect but is a different mechanism of action than stimulants like Ritalin and Dexedrine amphetamine, which act by binding to the dopamine and interfering with the metabolic breakdown of dopamine." That's a bona fide breakthrough if you're one of the many adults who suffer from ADHD, and it is also good news if you have a hard time rocking out repetitive tasks like push-ups and crunches. To sweeten the pot, CBD can reduce pain and inflammation and speed up the healing process, so you can go hard while minimizing the aftereffects.

Of course, no two bodies are built exactly the same, and each of our bodies will react differently to any element introduced (as your ninth-grade health teachers hopefully explained), so it's up to you to find the perfect dose and strain for your fine frame. Still, in the pages that follow, we'll offer suggestions, and, more importantly, we'll offer activities that pair perfectly with the powerful physical effects of cannabis. We hope they get you jumping for joy.

FIELD NOTES

Everything Old Is New Again: Like so many chapters in the book of cannabis, everything new is actually quite ancient. As noted in *Shen-nung Pen Ts'ao Ching*, the first book to detail Chinese medicinal practices (circa 2737 BC), hemp (the old-school name for cannabis) was recognized for its ability to treat over one hundred medical issues including gout, malaria, and rheumatism.

E is for Exercise and Edibles: Your lungs surely don't want to be inhaling combustibles pre-workout, so we recommend an edible, timed to come on at the beginning of your workout. The last thing you need is to get stuck comparing and contrasting energy bars on your way to spin class.

Ouch! One study found that cannabis helped patients with chronic pain experience a 64 percent decrease in opiate use, a decreased amount and intensity of side effects from other medications, and improved quality of life. "Using cannabis for pain can be tricky if you don't pick the right product and dosing," said Dr. Michele Ross, a neuroscientist who helps women heal chronic pain naturally with cannabis and author of five books, including *Vitamin Weed*. "While THC can reduce pain and inflammation, many patients don't know that cannabis can also make you more aware of your pain. Make sure to choose strains that are more likely to contain terpenes that dial down pain and are less likely to have terpenes that improve focus on pain." Take that, Western medicine.

ACTIVITIES

#1: Runner's High

We've all heard of a runner's high, but have you tried running *while* high? Running, like all cardio, triggers the production of endocannabinoids in your body, which produces that euphoria athletes can't seem to stop talking about. In other words, go out there and run that ten-minute mile (over and over), and you won't need a pre-roll! But...what if you can't get beyond lacing up those sneakers? Rather than rewarding yourself post-run, try rewarding yourself before you've done anything. Not only will you increase motivation (as we know, there are few things weed doesn't make better), but you'll get that endocannabinoid system doubly fired up—and that runner's high just got higher.

Level Up

Finding your blissed-out brain stops to inspect every friendly flower? Give it something to do and engage in a little fartlek. No, silly rabbit, we're not telling you to fart less (or more, for that matter). Fartlek stands for "speed play" in Swedish. Pick an object ahead of you and sprint toward it. Pick another object and do a slow jog until you find your next object, then sprint toward that. All that looking and choosing keeps your brain busy and entertained. Can you make it to the mailbox? Will you die trying to get to that second stoplight? Will everyone know you're high if you make that

cute labradoodle a target (and possibly start chasing it)? High minds want to know.

#2: Shh, I'm Dancing

Nothing goes better with weed than music (see “Beautiful Music, Together”), and nothing goes better with music than dancing. Cannabis is a psycho-acoustic enhancer, which means music literally sounds better when you're high. Add in the fact that cannabis lowers inhibitions and makes you magically in the moment, and it's clear why it's time to dance. Silently. Now hear us out. Silent discos offer countless benefits for high people. Here are our top three.

1. **Headphones.** Sure, the output from the bass of those giant speakers has its own appeal, but headphones allow you to take better advantage of cannabis's superpower as a psychoacoustic enhancer. You'll find yourself better able to select certain information and disregard other information, which can make individual sounds resonate in...well...stereo.
2. **You choose your groove.** Most silent discos have multiple DJs spinning, so your shortened attention span will thank you for giving it options.
3. **Hilarity.** Take your headphones off and observe your fellow ravers dancing to...nothing. Alternatively, you may find this a profound commentary on the state of society. Who are we to judge?

Know Before You Go

Don't be the newbie who tries to talk with your headphones on. Psst...no one can hear you if they have their headphones on, and if they don't, you'll be the idiot screaming in their ear.

#3: Let's Dance, Ecstatically

We can't certify that ecstatic dance was created by high people for high people, but...ecstatic dance *surely* was created by high people for high people. If you've never experienced the phenomenon of sweaty barefoot bodies in various states of undress abandoning themselves to house music and moving in a way that can only be described as dance-ish, have we got an activity for you. Ecstatic dance is meant to access your most primal self, so any kind of movement goes. Want to somersault across the floor? Invite someone to consensually grind against you? Channel your inner whirling dervish? All good, as long as you don't speak on the dance floor (really, it's the one rule). Most cities have their own weekly dances, so get googling.

Know Before You Go

- Ecstatic dance is an alcohol/drug-free zone, which doesn't mean it's a sober crowd. Just plan to preparty (like many others) before you go.
- It's typically a shoe-free zone, unless you have a medical reason to have your tootsies covered.
- Yes, pajamas are acceptable (even encouraged).

#4: Zumba. That's Right, Zumba.

We know what you're thinking...but hold the phone. Where else can you learn a dash of salsa, a splash of flamenco, and a smidge of merengue all while getting a killer workout and not caring that you feel better than you look? Zumba's tagline is "Ditch the workout—join the party!" which we all know is code for workout and party at the same time. Add an edible before shimmying in, and your brain may relax enough to nail the choreography. Or not. Who cares when your endocannabinoid system is churning out double the endorphins?

Know Before You Go

Ditch the sneakers with the thick soles. They're not made for the side-to-side movements of Zumba. Instead, go for thin soles and a simple tread. And remember to bring water and a towel. Like they say, it's a party *and* a workout.

#5: Gravity Games

The joys of jumping are timeless, ageless, and quite likely easily found in a backyard near you. Find a trampoline and catch some air. Done bouncing? Lie down. Trampolines are firmer than you remember and offer the perfect perspective to stare at the sky and space out. Bring a book and a pillow and stay awhile.

Looking for a few more ways to get high?

Pogo sticks: Yes.

Bouncy houses: Yes, please!

Bungee jumping: No.

#6: Roll Some Grass

Remember how fun it was to roll down the hill? Good news: the grass hasn't changed, but you've gotten greener. Step 1: find a grassy hill on a nice day. Step 2: roll down it. Step 3: repack and repeat as necessary.

#7: Bong, Bath, and Beyond

Like weed, there's little that water can't make better. It's a full-service restorative system: water can both soothe and invigorate, heal the body and rejuvenate the mind. Now, combine weed and water, and you're about as close to total body bliss as you can get.

Your brain on weed is already feeling that sweet, sweet dopamine. And still, we're a greedy species, and our pleasure centers are just dying to

release more of the good stuff, so swigging and soaking in this vital elixir will open the flood gates. Seventy-five percent of brain tissue is water, so drink it in (literally) to keep the good juju going. (May we suggest adding a squeeze of orange and a few crushed basil leaves?) Then when you're good and hydrated, bring on the H₂Ohhhh.

Take a Shower

We're big fans of showers. Turn the pressure all the way up and you've got hundreds of tiny fingers massaging your scalp. Turn it down and it's a warm summer rain. Lather. Rinse. Try another strain on another day. Repeat.

Take a Bath

Savor your soak by becoming one with the water and trying (almost) total immersion. Keep the oxygen flowing, but close your eyes and get those ears underwater, and create your own sensory deprivation tank. Being in water activates your brain waves, particularly those all-important alpha waves, which help you reach a state of calm and re-alert your senses for maximum pleasure—a fancy way of saying: taking a bath while high is incredible. But how about getting high while taking a bath? There's something blissful about stepping into a tub of steamy water stone-cold sober and stepping out flushed and faded. The environment will forgive you (this one time, and, um, when you take that way too long shower we suggest above). To fully supercharge your soak, add a bud bomb, a cannabis-infused bath bomb. See our easy DIY recipe.

Pro Tip

- Get that water *hot*. Hot water relaxes your pores, which helps your skin soak up the magic ingredient.
- Aim for at least thirty minutes of soak time for full effects.
- Heat + salt + weed = a perfect storm for dehydration, so keep up the hydration. (We're talking water, folks. Save the gin and tonic for

another night.)

BUD BOMB

There are a ton of cannabis-infused bath products out there, but it's easy to make your own, and we've got the science and the recipe to guide you there—and take you away.

Your skin may be the barrier that keeps your insides in and the outside out, but it isn't an impenetrable force field, which is good if you're trying to soak in your high. Still, you can't just dump a bunch of flower into the tub and call it a day. The body needs a carrier to deliver all that cannabis goodness, which is why you need to turn that flower into oil with this “even a high person can do it” recipe. But remember, if you're looking to get super high, this relaxing bud bomb isn't going to do it. THC is absorbed by the skin and can't cross into the bloodstream, but for on-site soothing and a warm tingly buzz, soak away!

Prep: 15 minutes

Cook: 1 hour 40 minutes

Total Time: 1 hour 55 minutes

Yield: enough for two baths

Ingredients

1 cup flower (ask your budtender for their favorite flower for relaxation)

1 cup food-grade oil (grape-seed, coconut, olive, etc.)

2 cups Epsom salts

Essential oils approved for topical use (optional, but we recommend cutting the stank with some rose or eucalyptus)

Supplies

Baking sheet

Double boiler (or make your own with a pot and metal bowl)

Cheesecloth (or strainer)

Molds (optional; empty plastic Easter eggs work great)

Directions

Break your buds into smaller pieces (about ½ inch by ½ inch is good).

Spread the weed evenly onto a baking sheet and bake at 220°F for 20-ish minutes. This allows for the all-important decarboxylation, the process that activates compounds in cannabis such as THC. You'll know it's done when it turns a light brown or yellow color.

Mix baked bud with food-grade oil in the top half of a double boiler, or make your own double boiler by placing a metal bowl over a pot of gently boiling water. Watch that your oil isn't getting too hot and cooking out all that essential THC. If you want to go pro, use a cooking thermometer, and aim for 130°F to 150°F. Cook for one hour.

Let the oil cool, then strain it through cheesecloth or a strainer.

Mix the oil into the Epsom salts.

Add essential oils or—why not—rose petals for the full spa experience.

Pack mixture into molds or form into balls and allow to dry for 24 hours.

To use, drop one into a warm bath, agitate the water, and then drop your soon to be relaxed self in with it. Store in a moisture free container (a Mason jar or Tupperware work great) for up to six months.

#8: Bake in Nature's Warm Bath

Nature nurtures us all, which is why it feels so good to walk in the woods. The Japanese have even perfected the experience and called it *shinrin-yoku*, or forest bathing: the practice of immersing yourself in the forest and letting your senses soak up its offerings. A decades-long study of the practice called “Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of-the-Art Review” confirms what most of us already know about any walk in the woods: nature is a form of therapy, offering decreased stress, improved mood, more energy, less fatigue, and “feelings of awe” (the researchers’ words, not ours, but we’re definitely on the same page here).

Want to make that “awe” even more awesome? Partake of nature’s candy (weed, not raisins; even if raisins get all the press), and let the power of flower slow things down and make the grass a little greener and the leaves a little leafier. For Type As like us who require a little more guidance on their nature walks, take your senses on a tour: name five things you see, four things you feel, three things you hear, two things you smell, and one thing you taste. By focusing in on the natural world, you’re grounding your body while allowing your mind to fly high above the treetops.

Level Up

Take your shoes and socks off and walk barefoot in the forest. This practice, also known as “earthing,” has real scientific benefits. Researchers at UC Irvine have found that your feet act as a conductive system that transfer the earth’s electrons from the ground into the body, promoting physiological changes like better sleep and reduced pain.

#9: Take the Plunge

Sure, swimming is considered one of the summer sports, but there's no reason you can't compete any time of year, especially when the real prize is the plunge itself. Get suited up (or not), and enter the 420 Olympics.

BRONZE: Swim

If Michael Phelps, arguably the best swimmer in modern history, can win eight gold medals and still enjoy a good bong hit, you too can relish a rip before taking a dip. Let's get the safety measures out of the way first: more high doesn't always equal more fun, so don't overdo it. And be sure to bring your designated sober person and keep them close. #safetyfirst

With those safety measures in place, there's no wrong way to swim high, but allow us to curate your experience. Got a pool? Add goggles and fins, and you're a marlin gliding through the water. Got an ocean? Swim out beyond the waves, starfish your body, and allow the salt water to provide total buoyancy.

SILVER: Swim Naked

More high may not equal more fun, but fewer clothes does. Allow your mellow to calm any qualms about modesty and strip it all off. Warmish water works best for this one (we see you, George Costanza), bringing the water and your body temperature into a groovy equilibrium that will make you—and maybe a few friends—one with the universe.

GOLD: Swim Naked at Night

The darkened sky, the starry night, the fact that your body is glimmering like moonlight on water—what's not to love? Diminishing one sense—in this case, sight—intensifies the others, so you'll feel the water's loving caress on all your parts. Drink it up, you water nymph, you. For Brooke Shields fans of a certain age, submerge yourself in nostalgia and try smoking the strain Blue Lagoon.

#10: Blow Smoke

The first thing you need to know about blowing smoke rings is you don't blow them. You let them float from your mouth like THC-infused butterflies. Follow these steps and all your friends will be aflutter, marveling at your skills.

1. Draw a thick puff of smoke into your mouth and hold it there.
2. Place your tongue on the bottom of your mouth and pull it back slightly to block your throat.
3. Open your mouth slowly (you don't want any air flow to disturb the smoke) and form it into a loose letter O. Be sure to open your mouth and jaw, not just your lips.
4. Push the smoke gently out of your mouth with your tongue using a piston-type motion—short bursts, with a slight recoil.

You'll most likely need a good smoke sesh to master these babies, but when you're ready, go to the next level and try for a heart. Here's how: Blow a ring, then snap your fingers gently above it. The slight air flow from your fingers will push the top of the smoke ring down, bending it into a heart. *Awww.*

#11: Revel in Reflexology

What has twenty-six bones, thirty-three joints, forty-two muscles, more than fifty tendons and ligaments, and fifteen thousand nerve endings? Your right foot (your left one has the same, but...math). In short, it can get crowded in there. Add the capacity to handle hundreds of tons of force, and those tootsies need as much TLC as you need THC.

With this in mind, may we present reflexology, an ancient healing practice based on the principle that there are reflex points on the feet that correspond to the body's different organs and glands. (Fun fact: the first recorded

history of reflexology is a pictograph on the Egyptian tomb of Ankhamor in 2330 BC.) Reflexology can energize and relax, treat the mind and the body. And if this is sounding like a recap of the benefits of cannabis, you're right. The two make perfect bedfellows. Got sinus pain? As we know, cannabis decreases inflammation; apply pressure on the base of each toe and sinus discomfort can be greatly reduced. Stomach troubles? THC can relax the GI tract, as can firm pressure on the bridge of the foot.

We picked out a few key pressure points that pair best with cannabinoids and created this handy-dandy foot diagram to help you give or get a top-shelf foot massage.

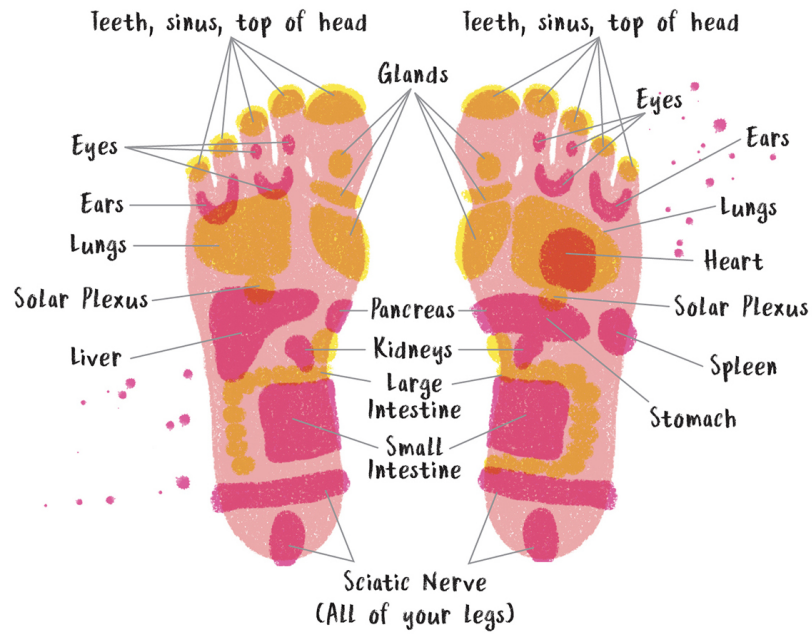
Helpful Hints

- When massaging the foot, stick to “thumb walking” (yes, this is the technical term for using only ones’ thumbs to massage) for authenticity and ideal pressure.
- Tenderness can indicate weakness or imbalance within a corresponding organ, so tread lightly, but don’t shy away from those sensitive spots.

Reflexology Foot Chart

BOTTOM OF RIGHT FOOT

BOTTOM OF LEFT FOOT



Inhale, Exhale

by Dee Dussault

Cannabis with yoga? The plant has been imbued with a history of love and peace for decades, with practitioners finding it can deepen awareness, relaxation, connection, and even bliss, on the sticky mat and in the bedroom.

I have a deeply cool job. I'm not only the founder of Ganja Yoga and the earliest Western yoga teacher to publicly endorse plant-enhanced practice, I'm also a sexuality coach. Whether for lovemaking or yoga, I invite my clients to consider incorporating cannabis. Both THC and CBD can reduce inflammation and pain, easing bodily comfort and increasing our ability to feel pleasure. And at the right dose, these compounds also melt stress from the mind, helping us to be present and really savor what's going on. Here are some best practices to enhance your experience.

Intention

Make your cannabis-infused yoga practice an opportunity to practice mindfulness. Be intentional—reverent even—as you roll your joint or hit your pipe, and invite the ancient, healing plant to work its magic. Light a candle, say a short prayer, or list some things you're grateful for. Perhaps thank cannabis for being anti-inflammatory, always a happy place for a yoga body.

Strain and Dose

I love cannabis because it gets me out of my head, especially a high-CBD indica strain. Beginners to ganja should start with a low dose and develop a relationship to the plant over time. Overconsuming can feel awful, and you

can always add more, but you can't add less. Once you're done imbibing, see if you can let go of expectations for the high and allow the cannabis to do its thing. The plant can enhance the sensations you feel in your body as you move, breathe, and let go of tension. Begin the first moments of your high with a basic stretch that feels good in your body. Notice the sensations as you lengthen your limbs and let out a sigh.

Be Present

During your enhanced yoga or meditation, whenever you notice yourself inevitably zoning out, habitually worrying, or replaying old experiences in your mind, just come back to the present moment. How? Inhale, and return to what's happening in the now, time and time again, remembering that being mindful takes practice, so go easy on yourself (weed helps here too!).

Keep the Poses Simple

Finally, and especially if you're new to cannabis, now is not the time to experiment with a new arm balance. In fact, cannabis can help you return to basic poses like child's pose, happy baby, and reclining twist, and feel them in a new way. Stick to whatever movements feel yummy and easy. You got this.

***Dee Dussault** is the internationally recognized pioneer of the Ganja Yoga movement, a sexuality coach, and the author of Ganja Yoga.*

#12: All 4(20) Seasons

There's more than one reason to enjoy each season, but let us direct your body to our top choices for winter, spring, summer, and fall's finest corporeal pleasures.

Winter

It's hard to beat staring into a crackling fire for pure stoner relaxation, but going outside has its pleasures too. Mainly, snow. It's a delight for the eyes, it's refreshing for the body, and most importantly, it's nature's Play-Doh. Channel your inner Rodin, and sculpt a snowperson (add a blunt for verisimilitude); a series of perfectly round snowballs (then nail your friends); and for your *pièce de résistance*, a working snow bong.

Spring

You can't go wrong with flowers—they're pretty, they smell good, you can smoke (some) of them. But consider wind. It tickles the skin, it provides that lovely rustling sound as it whips through the trees, and it provides a full-body workout as you become its master and get yourself and your kite high as...well...a kite. Kite flying may seem like child's play, but anyone who's tried to wrestle a single line dragon in a twenty-mile-per-hour gale will tell you different. So check out our tips for optimal high flying.

- **S P A C E.** Don't underestimate how much a kite needs. Find a long beach, community sports field, or even deserted parking lot to avoid losing your flying friend to high wires or hungry trees.
- **THE KITE.** For low wind (five to fifteen miles per hour), choose a diamond, delta, or dragon kite. For medium wind (fifteen to twenty-five miles per hour), choose a box or parafoil kite. For high wind

(twenty-five miles per hour and over), sit down and give yourself a stern talking to about safety and hurricane preparedness.

- **THE LAUNCH.** Have the “launcher” stand approximately sixty feet away from the “flier” and keep their back to the wind with the top of the kite facing them. Wait for a gust of wind. (We repeat, wait for a gust of wind. Running will only provide too much jerky tension, keeping the kite—and possibly you—on the ground.) As the launcher releases the kite, have the flier pull the string to provide some tension. Once it catches flight, the flier can release a length of line so the kite is flying as high as any seasoned stoner.
- **THE DELIVERABLES.** One thing wind isn’t good for? Lighting up. So bring your vape or use your friends to create a protective fortress so you don’t sacrifice fire.

70

Percentage of people who said using cannabis before working out made exercising more enjoyable according to researchers at the University of Colorado Boulder.

Summer

Water gets all the press at the beach, but let’s give sand a second look. Sand is pure skin satisfaction. Dig your feet into the soppy sand and feel the sand crabs tickle your toes. Make drip sandcastles by picking up handfuls of super mushy sand and letting it drizzle into tall towers. Dig a human-sized hole and have a friend bury you from toes to chin; now pay attention to the sand: the steady pressure, the grainy texture, what it feels like to wiggle your fingers free.

Pro Tip

An available outdoor shower is a plus if you don't want the sensation of sand in your bikini bottoms.

Fall

Your eyes will love the colors. Your ears will appreciate the satisfying crunch under foot. But for maximum bodily pleasure, nothing beats hurling yourself into nature's own foam pit: a pile of crisp autumn leaves. Even better if you can get someone to do the raking, or get productive and pair with "Green Cleaning" for a twofer.

SNOW BONG

Prep: 5 minutes

Create: 15 minutes

Total Time: 20 minutes

Yield: 5-ish ginormous bong hits

Ingredients

Snow

SUPPLIES

A bowl (the kind you eat out of, silly)

A dowel (for the smoking chamber)

A skewer (for the downstem and the bowl; the kind you smoke out of, silly)

Directions

Step 1: Pack snow into a bowl and build up until the snow bong is about one foot high.

Step 2: Insert the dowel into the top of the snow bong, leaving about two inches of snow between the dowel and the bottom of the bowl.

Step 3: Pack more snow around the dowel, sculpting up until your snow bong is as tall as you like.

Step 4: Remove the dowel to form your smoke chamber.

Step 5: Use the skewer to poke a thin downstem in the middle of your snow bong. The downstem is the smoke delivery system, so

make sure you push the skewer at a downward angle and through the wall of snow until you reach the empty chamber space left by the dowel.

Step 6: At the opening of your downstem, use your skewer to carve a hole large enough to accommodate your weed.

Step 7: Pack, light up, and enjoy.

You'll probably get a good five hits off your frozen bong before snow does what snow will do when met with fire.

#13: *Zzzzzzzzz*

Sleep. We all want more of it, and when 30 percent of the general population complains of sleep disruptions, we're clearly not getting enough. Enter nature's own sleep aid. Whether you can't fall asleep or you can't stay asleep, cannabis is here to help. We know the research doesn't always agree, but we generally find ourselves in the camp that sativa gets you up and indica brings you down, so we recommend an indica high in the terpenes limonene and linalool. Limonene helps reduce insomnia (we like Purple Hindu Kush), and linalool increases adenosine, a sedating hormone that helps us fall asleep (try LA Confidential). The THC in cannabis can also reduce the amount of REM sleep you get, which reduces dreams (great for those who have chronic nightmares). If that's not you, stick to a lower THC content, and drift off to dreamland.

“If you substitute marijuana for tobacco and alcohol, you’ll add eight to twenty-four years to your life.”

—**Jack Herer**, aka the Emperor of Hemp

Cannabis for the Win

Need some quick stats on why weed is so much better than alcohol? This one's for you.

CANNABIS	DOES USE CONTRIBUTE TO...	ALCOHOL
NO	Overdose deaths	YES
NO	Long-term health problems	YES
NO	Violent crimes	YES
NO	Serious injuries	YES



Mind



The great Bob Marley said, “When you smoke the herb, it reveals you to yourself,” which attests to the power of both cannabis and the mind (not to mention Marley; have you listened to “Natural Mystic” while high?). Cannabis’s greatest superpower just might be its ability to alter the mind. This is partially due to the fact that cannabis stimulates blood flow to the frontal lobe, that same area responsible for creative tasks. We’ll talk more about this later (we’re looking at you, “Creativity”), but in short, more creativity equals a better ability to problem solve, which in turn helps us find new ways of thinking about the world. Cannabis also helps with focus by increasing the availability of our own naturally produced dopamine—the chemical responsible for activating the pleasure centers in the brain—allowing you to really dig in and explore those new ways of thinking.

If we’re thinking broadly, sure it’s cannabis that presents new insights and new perspectives, but it’s really one very special cannabinoid, *tetrahydrocannabinol*, or THC, that makes the magic. Other cannabinoids have supporting roles, but it’s mostly THC that gives weed its classification as a psychoactive—or mind-altering—drug and mild to moderate hallucinogen (at least according to the Drug Enforcement Agency). As for hallucinations, we’re thinking we would have seen pink elephants by now, but what do we know?

And as a reminder, the endocannabinoid system is what allows the THC to help reveal yourself...to yourself. The THC binds to the endocannabinoid receptors in your brain to create that mind-expanding experience we know and love. This is because THC resembles another cannabinoid naturally produced in our brains, anandamide. Anandamide, the name of which is derived from the Sanskrit word for bliss (those scientists aren't as buttoned up as we thought), helps regulate mood, sleep, memory, and appetite. But if we're talking about the mind, it's mood regulation we're most interested in here.

Anandamide enhances mood and diminishes fear and anxiety, so much so that when scientists inhibited production of the enzymes that break down anandamide, they found a decrease in fear and anxiety during times of perceived threat in humans (also in mice, but we're pretty sure they're unconcerned with *why* they're less afraid of cats). Less fear and anxiety means more joy and tranquility. So anandamide and its lookalike THC can not only help you feel blissed out, but they can help with activities that help you *become* more blissed out, like mindfulness and meditation.

Of course, no introduction to cannabis and the mind would be complete without at least acknowledging that cannabis has gotten a bad rap as the wacky weed that makes you stupid. We're not going to say that we've never been high and had to reread (and reread and reread) the IKEA directions on how to assemble that Kallax bookshelf, but we've had to do that sober too. Yes, cannabis can cause mild cognitive impairment, but there's little to no research to illustrate that this is permanent (as long as you're not smoking one hundred joints a day; if you are, science wants to chat). And there are even some studies proving that THC can help improve cognitive function, at least in mice.

Still, that mild cognitive impairment can be real, but it's also what makes cannabis such a wild ride. In addition to encouraging us to find the mildly amusing hysterical (see "Laugh Your Grass Off"), it's what causes us to

home in on our own inventive thinking. It keeps us fixated on one brilliant idea—until another genius thought tempts us down a different path—which is among the many reasons that when you’re high, you probably don’t want to engage in things that require multilateral thinking (driving, deliberating court cases, batting practice). Instead, we suggest directing that concentrated focus to the activities that follow. After all, as Jah Cure sang, “One puff, one draw, frees the mind. Mmm mmm.” Mmm mmm, indeed.

FIELD NOTES

The Future Is Female: Cannabis is a dioecious plant, meaning male or female reproductive organs appear on different plants, but it’s the females that do the work of making beautiful bud. The female’s seedless buds (officially called *sinsemilla*) produce the THC-rich flower (officially called *the good stuff*)—and what you’re buying at your local dispensary. And who is supplying you with that fine kine female bud? Women! Well, at least more than in most industries. According to *Fit Small Business*, women hold around 36 percent of executive positions as opposed to only 15 percent in other industries.

Mighty Anandamide: Anandamide—that awesome THC-like cannabinoid just discussed—is also found in truffles (the kind pigs sniff out) and cocoa beans (the kind we make into chocolate). So pop a gummy, find a movie using our handy-dandy flow chart, pass out the truffle-infused popcorn and movie theater chocolate, and let the anandamide do its job.

Laughter and Forgetting: You’ve probably heard that cannabis causes memory loss. But the news on this cognitive impairment is more nuanced (and good). Memory has two distinct forms: short-term and long-term. Long-term memory is where information is stored indefinitely; short-term memory is where temporary events are stored and later discarded.

And why wouldn't they be? If we retained every image, sound, and situation, our brains would be silos of sensory overload. When THC binds with our endocannabinoid receptors, it kicks our brains' natural forgetting systems into gear, which does something wonderful—it puts us in the moment. In *The Botany of Desire*, Michael Pollan writes, “It is the relentless moment-by-moment forgetting...[that] helps account for the sharpening of sensory perceptions, for the aura of profundity in which cannabis bathes the most ordinary insights, and, perhaps most important of all, for the sense that time has either slowed or stopped.”

ACTIVITIES

#14: Memory Strain

Weed has long been tied to short-term memory loss (think the cinematic classic *Dude, Where's My Car?*). We're not going to tell you that hundreds of peer-reviewed studies are *wrong*, but we are going to tell you that although short-term and working memory are impaired *while* you're high, there's little evidence to support the notion that memory is impaired post-high. In fact, some studies suggest that low doses of THC can actually help improve cognitive function—at least in mice, who always seem to figure things out first.

And here's even more good news: scientists are now looking into how cannabis helps make autobiographical memory more sensorial, helping you recall that time your parents surprised you with a pony (unlike *our* parents; thanks, Mom and Dad). Carl Sagan was a big fan of using cannabis to relive the past, writing in *Marihuana Reconsidered*, “When I'm high I can penetrate into the past, recall childhood memories, friends, relatives, playthings, streets, smells, sounds, and tastes from a vanished era. I can reconstruct the actual occurrences in childhood events only half understood at the time.”

Be like Carl, and reconstruct memories by digging out those old baby albums or dusty yearbooks. Add your favorite strain, and you've got your own personal time machine. Page through and marvel at your (and your parents') bad fashion choices. Try to remember that little redheaded girl's

name. Relive that first terrifying time on Santa's lap. Now get philosophical and ask yourself, "What would I tell my past self?"

Level Up

Pair this activity with the "Letter to Yourself" activity, but instead of your future self, write a letter to thirteen-year-old you. You decide whether to warn yourself about that incident at the eighth-grade talent show.

#15: Mellow Your Meditation

We know we *should* meditate (even a single session has been shown to significantly reduce anxiety), but actually making yourself sit, clear your mind, and do nothing else for fifteen minutes is easier said than done, which is why a hit (or two) can bring some magic to your mindfulness. Weed activates the neurotransmitters dopamine and glutamate, the same ones meditation amplifies. Dopamine helps control mood, and glutamate promotes brain health. Introduce cannabis to these two, and you'll find your brain more mellow than with just meditation (or cannabis) alone.

Still, even regular cannabis users who have been shown to have a blunted stress response (pun intended) may find it hard to overcome the existential dread of sitting all alone with themselves. To counter this, try introducing something specific for your brain (and body) to do. Break out some flower, fire, and a candle, and take a crack at the Indian practice of *trataka* or "looking intently with an unwavering gaze at a small point until tears are shed" (yes, really). Here's how:

1. Place a lit candle three feet away at eye level and keep your focus on the middle part of the flame, right above the tip of the wick.
2. Stare intently until your eyes begin to water.
3. Close your eyes and find the afterimage of the flame in your mind's eye.

4. If the image moves up and down or side to side, bring it back to the center and fix your gaze until the impression disappears and you find yourself in that floaty dissociative space that signals a good meditation (or smoke) session.

Pro Tip

Derek Beres, author of *Hero's Dose: The Case for Psychedelics in Ritual and Therapy* and the first instructor to teach cannabis-infused yoga and meditation at Equinox Fitness, said straight-up meditation may not be for everyone. If your mellow mind still needs a little distraction, try binaural beats. Binaural beats occur when your two ears hear tones with slightly different frequencies. Your brain then perceives these as a single tone, creating...get this...an auditory *illusion*, an illusion that some believe induces a mental state similar to that associated with meditation. Looking for the beats? Your favorite music streaming platform has a ton of them.

#16: Conquer a Fear

The worst thing about fear is that it's timeless. Your iPhone is out of date the day after you buy it, but fear keeps automatically installing its software into your psyche. Sure, you've stopped panicking that someone will put your hand in warm water at a sleepover (we hope). But spiders, public speaking, and public bathrooms are not going anywhere.

Getting high may not be your first go-to when trying to slay a fear, and make no mistake, the wrong strain at the wrong time can cause your heart to race. But hold the phone. The right strain of cannabis can decrease anxiety, which is key for what cognitive behavior therapists call exposure therapy. The idea is that the best way to overcome a fear is in small, sensible steps. Afraid of dogs? A CBT approach might suggest looking at pictures of dogs, then watching a movie with dogs. (We recommend *Air Bud*. A golden

retriever with mad basketball skills? What's not to love?) Next would be going to a friend's house where a prescreened, playful puppy awaits.

As we said above, strain is everything for this one. One we recommend is the oddly named ACDC. It's CBD dominant, so your high should be mellow and your head in a good place to meet Princess.

Cannabis AND Anxiety

by Derek Beres

The sixteenth-century Swiss physician and alchemist Paracelsus wrote, “In all things there is a poison, and there is nothing without a poison. It depends only upon the dose whether something is poison or not.”

For the anxious, cannabis can be a balm or a poison. As a longtime sufferer of an anxiety disorder, I’ve been hospitalized due to a panic attack after smoking too much cannabis; other incidents left me curled in a ball on the floor. To be fair, that’s also happened while sober. And yet for the quarter century that I dealt with that disorder—thankfully, it’s behind me—cannabis often kept me in tranquil repose. What happened? I got to know my dose.

A 2009 critical review of cannabis and anxiety discovered that cannabis can both exacerbate and precipitate existing anxiety symptoms *and* reduce anxiety. Although the researchers couldn’t definitively define the relationship between anxiety and cannabis, that shouldn’t surprise us: The neuroscientist Joseph Ledoux spent more than four hundred pages detailing the physiology and neurology of anxiety in his masterful book *Anxious*, and he failed to pinpoint an exact cause either. That’s not Ledoux’s fault—anxiety has multivariate causes. As Freud knew, anxiety is an inextricable aspect of the human condition. It’s the nervous system’s response to environmental, physiological, and psychological stimuli.

With so many factors to consider, evidence for the efficacy of therapeutic cannabis will likely remain anecdotal for the foreseeable future. But as science keeps homing in on the cannabis and anxiety connection, the best

thing you can do is take your time and experiment—a puff or two of different strains, or, my preferred dose, a 2.5-milligram edible.

As anyone who's suffered a panic attack knows, triggers stay with you. If a 20-milligram brownie results in hours of existential dread, even the thought of a microdose down the line can cripple you. It's best to start slow and learn your dose. Be cautious and understand that cannabis's calming effect won't work for every mind and every body. But if you're struggling with anxiety, it's definitely worth exploring the power of this healing herb.

Derek Beres is the head of content marketing and community at the wellness app Centered, the author of Hero's Dose: The Case for Psychedelics in Ritual and Therapy, and a columnist for Big Think and Psychedelic Spotlight.

#17: Play with Kids

Turning off the pressures of the day and the FOMO you get from Instagram is harder than it looks. And while we may want to “find our inner child,” the part of our brains that psychologists call Sir Grumps-A-Lot (okay, it’s the superego) often gets in the way. THC is here to help, offering even the most cantankerous of us access to our more playful side. So what better way to take full advantage than to round up a couple of kids and remember how important novelty, silliness, and making pipe cleaner animals just for the sake of making them is? Children + cannabis = lowered inhibitions and fun for fun’s sake. While the ways to play are limitless, here are three timeless classics for you and the under-ten set.

Play with Play-Doh

Build a bakery complete with miniature pies, cakes, and dozens of red, yellow, and blue cookies. Channel your inner child and make the adults in the room pretend to chow down. “Mmmmm...so good!”

Have a Water Balloon Fight

Did you know you can now fill *twenty-five* water balloons at the same time? Neither did we, but we thank the dude that invented Bunch O Balloons. Clearly he understood that high people do not have the patience to wait for dozens of aquatic explosives. Fill a bucket with water weaponry, then destroy your miniature adversaries.

Camp in Your Backyard

And by “camp,” we mean order takeout, utilize indoor plumbing, and sleep in your comfortable bed. But before you slumber, have fun in a tent. Disturbing flashlight faces! Spooky ghost stories! Tickle fights!

#18: Mirror Image

Cannabis increases awareness and decreases self-consciousness, so take advantage and find out what you may not be seeing sober. Before getting high, look in the mirror and draw a self-portrait. Repeat post puff. Compare, contrast, and consider your complexities. Want to level up? Wait a week and try this exercise in art and self-consciousness again, but now naked.

#19: Roll and Read

We know weed enhances imagination (see “Creativity” for more mind-expanding ways to unlock your inner artist), but it can also activate the part of your brain that specializes in processing language. Pair enhanced imagination with more access to language, and reading suddenly becomes a multidimensional experience. Imagery becomes more vivid, and rather than having to focus on the words themselves, your brain is able to grasp sentences without the work of active decoding. In other words, the words aren’t words; they’re the building blocks of vivid worlds.

Cannabis is also great for helping with what cognitive scientists call “selective attention.” If you find yourself distracted by the siren song of social media, some Sour Diesel may be just the ticket to get you immersed in a book other than this fine piece of literature you’re reading right now. Not sure where to start? Here are a few we’re sure were written just for high people.

***Fear and Loathing in Las Vegas* by Hunter S. Thompson**

A classic book that starts “We were somewhere around Barstow on the edge of the desert when the drugs began to take hold” needs little introduction. Sure, your high school English teacher instructed you not to assume the intentions of an author, but we’ll go out on a limb and say Hunter S. Thompson wants you to get high as he takes you on his nonstop psychedelic road trip.

Carl Sagan's essay on "Marihuana"

Originally published under the pseudonym Mr. X, the world-famous astronomer contributed an essay on the wonders of weed to the 1971 book *Marihuana Reconsidered*. It's easily found online and discusses how cannabis helped him appreciate music, sex, and even himself.

***Devotions: The Selected Poems of Mary Oliver* by Mary Oliver**

Think you don't understand poetry? Think again. The formidable combination of cannabis and Mary Oliver will win over even the most metaphor-phobic. Just take a look at this: "When it's over, I want to say all my life/I was a bride married to amazement./I was the bridegroom, taking the world into my arms."

***The Book of Delights* by Ross Gay**

GQ called Gay's book "delightfully snackable." And really, what else could you want from a high read (except maybe actual snacks)? These bite-sized essays are funny, poetic, philosophical marvels—just like your brain on weed's delights.

***When You Give a Mouse a Cookie* by Laura Numeroff**

Sure, it was written for the two-to-five-year-old set, but trust us and dust off your copy. The ramifications of giving that mouse a cookie are mind-blowing for those already well baked. (Spoiler: If you give a mouse a cookie...he'll eventually want another cookie. Just like your high self.)

Level Up

Try reading something in a foreign language you're familiar with but haven't completely internalized. Weed and word translation can equal quicker pattern recognition and increased comprehension of sentences. So light up and access worlds you only peeked at before.

#20: Change Perspectives

One of the reasons we love cannabis so much is that it helps us see the world anew: your cat becomes an obvious descendant of the regal lion, your drooping orchid part of the great cycle of life. This is partially due to cannabis's ability to stimulate blood flow to the frontal lobe, that same area that lights up when you do creative tasks. All that frontal lobe activity also helps us problem solve. Creativity + problem-solving = new ways of seeing and thinking about the world.

Far be it for us to say that the domesticated feline and the common houseplant don't deserve your undivided attention, but we also encourage you to expand your perspective and literally change perspectives by getting low, high, and upside down. The world looks different when your feet aren't firmly planted on the ground, and you just might find yourself gaining new insights on your place in this crazy cosmic experiment. Below you'll find perception-shifting suggestions for all levels of player.

Level 1

- Lie in the grass.
- Climb a tree.
- Do a headstand (see "Inhale, Exhale" for more yogi advice).

Level 2

- Look down from a freeway overpass.
- Swim to the bottom of the pool and look up.
- Hang from your knees at a playground.

Level 10

- Lie in a cemetery.

- Ride a Ferris wheel.
- Wear gravity boots.

Fun Fact

Not only can cannabis change the way you see things, it can change the way you *see* things. One study found that Moroccan fishermen experienced improved night vision when consuming *kif*, a traditional mix of tobacco and cannabis.

#21: Blow Your Mind

Go down a YouTube rabbit hole of mind-blowing, mind-expanding, mind-contorting marvels. Like your first time at a bar mitzvah or Burning Man, it's better not to know too much before dropping into these singular worlds. Instead, we simply suggest typing these terms, exactly as we present them, into Google with your eyes wide open. Note: Standard data rates may apply.

- Cats AND cucumbers
- Industrial shredding machines
- Amazon salvage unboxings
- Street magic
- Lemurs getting high
- “High School” AND (insert musical of your choice)
- Strange animal friendships
- Beatboxing kids
- Bats and hummingbird feeders
- Swimming pig competition
- Kinetic sand cutting
- Cake wrecks

#22: Make Friends with Your Local Budtender

William Butler Yeats wrote, “Education is not the filling of a pail, but the lighting of a fire.” You’ve read the book (this one), you’ve lit the fire (metaphorically...*and* literally if you’ve followed our “You’ll Never Forget Your First Time” tutorial), now it’s time to move on to higher...higher education.

There’s no one more qualified to school you than your local budtender. Many dispensaries now require their budtenders to complete a certification program, so these folks know their stuff. You probably have your own go-to questions (one of us likes to walk into a dispensary and grunt, “sex, sleep, movies” and then hand over the money), but here’s a list of questions you may not have thought to ask:

- What’s local?
- What’s fresh?
- Where was it grown? (Control and consistency are often cited as benefits of a greenhouse grow.)
- What’s the newest product you’re stocking?
- Are your products lab tested?
- Can I see it/smell it?
- Do you have any discounts? (Our favorite dispensary provides discounts for students, teachers, and military personnel.)

Educate Yourself

Many dispensaries are now offering community classes on all kinds of cannabis-centered topics, so ask what’s on offer. Want to take it higher? There are a number of colleges and universities offering degree programs in cannabis and medicinal plant studies. And some dispensaries offer educational workshops for customers on strains, delivery systems, and more.

Percent of adult cannabis users who use cannabis to relax—the most frequently cited reason in the United States.

#23: You'll Never Forget Your First Time

William Blake (and Aldous Huxley, who borrowed the quote for his book on psychedelics) was onto something when he wrote, “If the doors of perception were cleansed, every thing would appear to man as it is: infinite.” Help someone see the world as infinite, or at least as infinitely fascinating. Because what makes everything infinitely fascinating? Weed. And who has plenty of that fine, fine ganja? You.

Before lighting up, though, prepare for the possibility that your newbie friend won't feel the effects of getting high. There are two schools of thought on why this happens. One is that since weed contains cannabinoids that react with the cannabinoid receptors in your body, it may take a few smoking sessions to fully activate these receptors, since they're used to your body's naturally produced cannabinoids. The more likely scenario is that your first-timer is doing it wrong. This won't be an issue if you're taking an edible, but we recommend going old school and lighting up like thousands of years of stoners before you. To make sure your friend (a eighteen-to-twenty-one-year-old friend depending on what state you live in) doesn't make the same rookie mistake as President “I didn't inhale” Clinton, teach them how with these four easy steps.

1. Slowly draw smoke into your mouth.
2. Hold the smoke in your closed mouth.
3. Open your mouth and take a breath, inhaling the smoke along with fresh air.

4. Exhale.

Pro Tip:

Even experienced smokers may be under the misguided belief that you have to hold...your...smoke...as...long...as...possible. Not true. The second you inhale, the cannabinoids are absorbed by your body, so only hold it if you want to sound like the proverbial stoner when you ask your friend if they're high yet.

“Marijuana, if used in moderation, plus loud, usually low-class music, make stress and boredom infinitely more bearable.”

—**Kurt Vonnegut**

“I have always loved marijuana. It has been a source of joy and comfort to me for many years. And I still think of it as a basic staple of life, along with beer and ice and grapefruits—and millions of Americans agree with me.”

—**Hunter S. Thompson**

Music



Beautiful Music, Together

Music. Is. So. Good.

If you believe in the gospel of these four words, as we do, you don't need a lot of convincing that listening to music while high is even better. But how? But why? Is it all in your head?

In a way, it is. "Cannabis works like a psychoacoustic enhancer," said Dr. Jörg Fachner, a professor of music, health, and the brain at the Cambridge Institute for Music Therapy Research, which just means cannabis enhances our ability to focus on sound. In a world where most of us have too many mental (and actual) tabs open, the focus that cannabis can offer is ideal for busy brains to zero in on one thing: the music.

1976

The year Peter Tosh released the song "Legalize It," which became a lasting cult classic over the forty-year march to actual legalization.

But before we tell you *how* to listen high, let's start with *why* to listen high. Music, like all sound, is channeled into the ear canal as sound waves,

which strike the eardrum, causing vibrations and changing the acoustic energy into mechanical energy. Then things get really good. The sound waves continue their travels into the inner ear where our friends the cannabinoid receptors are found. Add cannabis, and your receptors are getting a double dose of the stuff that makes the brain's pleasure centers groove.

Cannabis also helps you land deeply in the moment, and that “being in the moment” thing is one of the reasons music sounds so good. Daniel J. Levitin, a music psychologist and professor and author of *The World in Six Songs: How the Musical Brain Created Human Nature*, explains: “The disruption of short-term memory thrusts listeners into the moment of the music as it unfolds; people stoned on pot tend to hear music from note to note...completely in the moment.” In other words, get ready to hear your favorite song for the first time...again...and again and again.

FIELD NOTES

Listen, Do You Want to Know a Secret? We can all probably name a bowlful of songs that are clearly about cannabis (“Roll Me Up and Smoke Me When I Die” by the iconic cannabis crooner Willie Nelson, for one). But did you know about the canon of songs you may not have realized were about your favorite herb?

1. “Brown Sugar,” D’Angelo

No, D’Angelo isn’t in love with a beautiful woman when he sings, “See, we be making love constantly. That’s why my eyes are a shade blood burgundy.” Want to know why his eyes are a shade of blood burgundy? (See “Five Dollars or Less”.)

2. “Puff the Magic Dragon,” Peter, Paul, and Mary

Let's just get this out of the way: Santa Claus isn't real, you don't have to wait an hour after eating before swimming, and this song is not about a fire-breathing dragon.

3. "Gotta Get You Into My Life," The Beatles

In the official Paul McCartney biography, *Paul McCartney: Many Years From Now*, Paul revealed this song is about the first time he smoked pot. In this *one* case, cannabis *may* have been a gateway drug. After all, a year later, the Beatles released "Lucy in the Sky with Diamonds," and we all know what *that* song is about.

4. "Sweet Leaf," Black Sabbath

Ozzy sings, "I love you sweet leaf, though you can't hear." Some fans think he was crooning about a famous Irish tobacco company. He was not.

5. "Mary Jane's Last Dance," Tom Petty

Yes, it's in the title, but then all that stuff about growing up in Indiana with a "good lookin' momma" might make you doubt yourself. Don't doubt yourself. "Mary Jane," not Mary Jane, is what's gonna "kill the pain."

ACTIVITIES

#24: Listen Like a Musician

Our favorite stoner scientist, Carl Sagan, knew the power cannabis had on music. Writing as “Mr. X,” he discussed his views on cannabis in the 1971 book *Marihuana Reconsidered*: “For the first time I have been able to hear the separate parts of a three-part harmony and the richness of the counterpoint. I have since discovered that professional musicians can quite easily keep many separate parts going simultaneously in their heads, but this was the first time for me.”

We asked Rob Ahlers, drummer for 50 Foot Wave and the Kristin Hersh Electric Trio, for some tips on how to channel your inner musician and really hear each component of a song. He suggests these three activities:

- First, you’ll want to make sure you have at least two speakers (or four if that’s the kind of sound geek you are). Then, dig up some songs that were originally recorded in both mono and stereo. Mono is when the exact same sound comes out of both speakers (older musicians often preferred mono because it left them in charge of the listening process). Stereo is when a song has been mixed in a way that allows you to hear certain instruments from one speaker and other instruments from the other speaker. The Beatles are great for this experiment, but not *all* Beatles recordings, since some albums were only recorded in one format. We recommend one of our faves,

Rubber Soul, for this experiment. Listen to a song first in mono, then switch over to stereo, and turn your balance all the way to the left, then all the way to the right. The instruments and vocals will isolate themselves, so you and Carl can marvel at your newfound ability to hear all the parts.

- Search “isolated tracks” on YouTube, and listen to each track of your favorite songs. We won’t deny we favor the Beatles, so we’re pushing “Here Comes the Sun” for this one. You’ll get the drums, bass, guitar, moog and strings, and vocals in sequential order.
- Find a car that has a 5.1 surround sound system (or better yet, a 7.1 surround sound system, but those are harder to find). Most come with a CD specially made to showcase the surround sound. Park, puff, and listen to all those channels funneling sounds to your delighted ears.

#25: Kind Bud, EARBUDS, Good Buddies

Remember that simple, sexy music move you learned about in the movies and maybe even tried yourselves? You know the one: a single pair of headphones shared between you and your guy, gal, or nonbinary friend. It’s a move ripe for a sequel, only now with much better headphones and artisanal Bubba Kush instead of that skunk weed you dug out of your Guess jeans. Grab some earbuds (headphones won’t work for this one), cuddle up, and take turns playing DJ for each other. Enjoy the tunes, but also try pressing play on some more unusual offerings. Try a soundscape—an “acoustic environment” that blends all kinds of far-out sounds: animal vocalizations, weather events, and cities that “speak,” oh my.

#26: Play the Soundtrack of Your Life Game

A well-chosen strain of cannabis (we like Trainwreck) and a great group of friends fosters good times, connection, and giggling. Now add our

Soundtrack of Your Life Game and get ready to double your fun. Here's how to play:

1. Gather a group of friends and appoint one of them the DJ.
2. Grab some note cards, yellow stickies, or bar napkins, and label with the following:
 1. Middle school
 2. High school
 3. First or best love
 4. Current or most recent relationship
 5. Family (parents/kids/cousins)
 6. Firsts (jobs, kisses, drugs, etc.)
3. Place them all facedown, then turn one over.
4. Have each player find a song on the streaming service of your choice that makes them think about or connects them to the time of life on the card in play. Now each player writes the title and artist of the song on a piece of paper, folds it up, and hands it back to the DJ.
5. Have the DJ add all the songs to a playlist.
6. Hit play and get your party on. Serve dinner/drinks/strains/snacks, but pay attention to the music. As each song comes on, everyone takes a turn guessing who chose it. Award one point for each correct answer, or just skip the competition and let the music and memories play.

#27: Dark Side of the Rainbow, aka The Wizard of Floyd

Legend has it that if you sync Pink Floyd's *Dark Side of the Moon* with *The Wizard of Oz*, you'll see the face of God. Okay, maybe not, but you'll definitely be delighted by the trippy synchronicity. Here's how to do it:

1. Queue up *The Wizard of Oz* and *Dark Side of the Moon*.
2. Get snacks.
3. Start the movie, and wait for the MGM lion as the cue. This is where experts differ, but we suggest pushing play on the album as soon as the lion finishes his third roar.
4. Turn on the subtitles, turn off the film's audio, and tune in to being one with decades of stoners before you.



Connection



Buddhist writer Alan Watts said, “If you go off into a far, far forest and get very quiet, you’ll come to understand that you’re connected with everything.” We like to think of that forest as a metaphor for the great green magic maker. Partake of the flower, and you too will come to see the vast ecosystem of connection around you. In less flowery terms (apologies), cannabis is great at helping you feel connected to the people in your life. After all, the benefits of cannabis—reducing anxiety, improving focus, activating self-awareness, and encouraging empathy—are also the keys to strong relationships. And not only *that*, cannabis is great for bonding, intimacy, and sexy times (skip to paragraph four if you’re just here for the sex).

Part of the reason weed is so great at bringing us together is because it encourages bonding, and bonding triggers the neurotransmitter oxytocin (otherwise known as the cuddle chemical, the hug hormone, the mush molecule, the...oh you get it). Oxytocin is so important for bonding that when researchers sprayed monkeys with it, they became more communicative, extroverted, and social. And, it turns out, oxytocin makes these social behaviors more rewarding because it triggers the release of our favorite endocannabinoid—the one, the only, the bliss hormone, anandamide. In other words, put oxytocin, anandamide, and THC in the same room, and you’ve got a party to top all parties. And what makes that

social event of the year even better? We're going to go with hysterical laughter and physical pleasure.

One of the main ways we humans bond is through shared joy and physical touch, and there's nothing more joyful than laughing (we promise, we'll talk about sex next). Cannabis isn't called the wacky weed for nothing. It fuels laughter by stimulating blood flow to the right frontal and left temporal lobes of the brain, which brings on the giggles. And shared laughter signals that you and your co-laughter see the world similarly, which boosts connection. And once you've boosted that connection, what do you want to do with all those warm happy feelings? Well, children, sometimes, when two people love each other very much, they want to get very close to each other. Without clothes on.

And thus we come to one of our favorite of cannabis's superpower: its ability to make sex even better. We doubt you need proof for this seemingly obvious statement, but we've got it. A study titled "The Relationship between Marijuana Use Prior to Sex and Sexual Function in Women" from the journal *Sexual Medicine* found that people who used cannabis before sex rated their pleasure higher than those who didn't. And women seem to have even more dramatic results. Most women in the study experienced an increase in sex drive and reported that they were two times more likely to have satisfying orgasms than women who did not use cannabis before sex. But it's not just good for the ladies. Research in rats suggests that stimulating the CB1 receptor delays ejaculation, and that, friends, is good for everyone.

Still, science hasn't been able to pinpoint exactly why cannabis makes sex better, not to mention more frequent. Researchers at Stanford report higher cannabis use means more sex, so get to smoking, but they think that it's partly because it reduces stress and anxiety and partly because of the large amount of endocannabinoid receptors in the areas of the brain that handle sex, like the amygdala and hypothalamus. Researchers are also discovering

that the body releases naturally occurring endocannabinoids after orgasm, so cannabis is just doubling up on what's already there. Cannabis is also a vasodilator (it opens blood vessels and increases blood flow), which has a direct effect on the cannabinoid receptors in your skin and nerve pathways, making your skin even more deliciously sensitive. Add THC's ability to decrease inhibitions, diminish fear, and tamp down anxiety to your blissed-out brain, and sex suddenly goes to eleven.

So whether you plan to have a friendly hang with your favorite cats and kittens or pull a John and Yoko and spend two weeks in bed, we're going to suggest you smoke a little reefer, give the following activities a gander, and get to connecting, man.

FIELD NOTES

OK, Fumer: According to a study published in 2020 in the *Journal of the American Medical Association*, the number of Americans over age sixty-five who smoke flower or use edibles increased twofold between 2015 and 2018. Old hippies dusting off their bong? Not exactly. Older Americans are among the fastest-growing groups enjoying the fruits of this ancient flower for many of the same medicinal reasons millennials and other generations are increasingly enjoying it: anxiety, pain, and sleep. "What I'm seeing in my clinic are a lot of older adults who are very curious about cannabis to treat this or that chronic disease and symptoms," said Dr. Benjamin Han, a coauthor of the study and assistant professor of geriatric medicine and palliative care at New York University's Grossman School of Medicine. As Americans live longer, the business of bud will surely keep booming.

Gender Studies: High people are like elevated snowflakes: no two brains and bodies react the same way to cannabis, even if they're sharing the same strain, dose, and delivery

system. And here's another variable to consider: your sex. A study by Washington State University looked at cannabis tolerance and found that females build a tolerance to cannabis much more easily than males. While the study was done on rats, since female rats have a menstrual cycle and experience fluctuations in hormone levels in a way that's very similar to female humans, it's likely to have the same effect on people. The one area in which males are more sensitive to THC? The munchies. A study by researchers in Washington State found that THC stimulated the appetites of male animals more than those of females. And nobody wants a bong belly.

Fun Fact

Cannabis also has a gender; it can be either male or female, but only females make buds, the part of the plant that contains the most THC.

Bonus Fun Fact

One of our all-time favorite weed podcasts, *Broccoli Talk*, is run exclusively on girl power.

Gaming with Ganja: We know, we know—that roommate who seemed to spend most of his waking life getting stoned alone and playing *Grand Theft Auto* was concerning. But maybe he was simply ahead of his time? Cannabis can increase oxygenation of tissues, improve vision, and boost concentration, which is one reason it's embraced by many extreme sports athletes and extreme gamers. With gaming's rapid evolution from solo play to multiplayer games, cannabis has become both social and a legitimate competitive sport.

ACTIVITIES

#28: Won't You Be My Neighbor?

As Mr. Rogers said, “It’s a beautiful day in this neighborhood, a beautiful day for a neighbor,” but when’s the last time you really explored your hood and got to know your neighbors? We don’t (necessarily) recommend knocking on doors with packed pipe in hand, but why not smoke a little and go exploring? The THC will slow your dorsolateral prefrontal cortex and smooth over any reservations you may have about showing up unannounced. Try these activities to make new friends and see your surrounding streets through green-tinted glasses.

Baked Baked Goods

Go old school and channel your inner domestic god or goddess by supplying your neighbors with “just because” sweet treats. It doesn’t really matter what you bake—cookies, pie, croquembouche—but save the canna-infused sweets for those you know are 420-friendly (consent, of course, is important even outside the bedroom). If you hate baking, pick up a box of Sunday morning donuts (really, you could stick a bow on a pack of Little Debbie snack cakes and your neighbors would be just as delighted). Then go distributing. Don’t forget to attach a card with contact info. Connection is, after all, the reason for the treats.

Little Libraries

You've seen them around town—little house-like structures that are bigger than a bird house and not made to house birds. Those little dwellings house books—*free* books. The idea is to take a book you want to read and leave a book you've read. So first go through your bookshelves (might we suggest you pair this with “Green Cleaning”?), and then set out on a quest to find your most literary neighbors. Some little libraries are part of the Little Free Library program and are mapped at littlefreelibrary.org, but there are plenty of off-brand houses about, so wander down whatever side street strikes your fancy. And if you find another copy of this compendium of pleasures you're currently reading, take a pic and send it to us. Then pass the bookie on the left-hand side.

Hit the Open Houses

We all love a good smoke 'n' walk, and, truthfully, it's an enjoyable experience no matter what environment you do it in, but it's ten times more enjoyable when you do it on a Sunday in the 11:00 a.m. to 3:00 p.m. window. Why? Because that's when most open houses take place. We're curious creatures, and we love snooping around other people's houses. Want to level up? Amble over to the *fancy* side of town and see how the other half live. It's fun to dream, so let yourself wonder whether you'd have built the outdoor bed on the balcony or the deck and whether that wine cellar would have worked better as a sauna. Don't forget to help yourself to the complimentary snacks (Realtors love that stuff). Those freshly baked chocolate chip cookies aren't going to eat themselves.

94

Percent of cannabis-related arrests and summonses that involve New Yorkers of color according to a 2020 analysis by the Legal Aid Society.

#29: Laugh Your Grass Off

The only thing more on brand than getting a case of the high munchies is getting a case of the high giggles. What's so funny? Sometimes it seems like everything. That's because cannabis stimulates blood flow to the right frontal and left temporal lobes of the brain, which stimulate laughter. So it makes sense that you're more likely to find that *Simpsons* episode *hysterical* when you're high. And if you wonder why when one person starts laughing, everyone is soon snorting away, it's because our brains contain neurotransmitters called mirror neurons. That's why you yawn when someone else yawns and laugh when there's laughter in the room. Shared laughter also signals that you and your co-laughter see the world similarly, which boosts connection. We're sure you and your baked buddies will have no trouble finding things that are *hilarious*, but in case you need a recommendation, may we suggest you fall in love with cartoons again. As a kid, who didn't love watching Wile E. Coyote getting bonked on the head with an anvil? Add cannabis, and it's still pretty damn funny. Below is a selection of some adult-friendly cartoons to check out and the strains we recommend you pair them with.

- *Aqua Teen Hunger Force* = Laughing Buddha
- *Rick and Morty* = Sweet Diesel
- *Adventure Time* = Mango Kush
- *South Park* = Gorilla Glue
- *Ed, Edd n Eddy* = Black Diamond
- *Courage the Cowardly Dog* = Chem Dawg
- *Tom and Jerry* (not just for adults, but it's *Tom and Jerry*, dudes!) = Church OG

Stoning the Elders

by Alia Volz

I grew up in the cannabis underground. My mom was the driving force behind Sticky Fingers Brownies, San Francisco's first high-volume edibles business, which distributed 10,000 brownies per month in the 1970s. Later, during the HIV-AIDS crisis of the 1980s and '90s, my mom became a pioneer in the medical marijuana movement. In writing *Home Baked*, my memoir about the family business, I interviewed more than sixty elders about their involvement in the illegal weed world of yesteryear. I was nervous at first, afraid that prying would upset my interviewees. I needn't have worried.

In the United States, where we celebrate youth culture and tend to dismiss elders for being out of step with the latest trends, an attentive ear is a rare thing. Seniors might not know the difference between Tic Tacs and TikTok, but they have seen political regimes rise and fall; they've faced heartbreak, illness, global crises, and personal crises—and they have survived. We might presume that a quiet person has nothing to say. But what if they simply think no one wants to listen? Take a chance, ask a few questions, and watch eyes that have seen it all light up with story. See layers of age peel back like the petals of spring flowers.

Cannabis and storytelling go hand in hand. Stimulating the endocannabinoid system helps us slow down and unwind. It lowers our defenses and loosens our tongues. Time distends, making way for longer reminiscences. It makes us better listeners too. Thanks to the diminishing social stigma and broader knowledge about the plant's medicinal properties, senior citizens are today's fastest-growing group of cannabis enthusiasts.

Some are trying cannabis for the first time, while others are returning to a pleasure of youth. This presents wonderful new opportunities for multigenerational connection. There's nothing like sharing an edible or smoking an old-fashioned "doobie" with Mom, Dad, Grandma, or a neighbor. Trust yourself (and the herb), and find out what's hiding behind the wizened faces in your life. Then kick back and let the stories swirl around you like so much smoke.

Alia Volz is a writer and author of the memoir Home Baked: My Mom, Marijuana, and the Stoning of San Francisco.

#30: Play Never Have I Ever, the High Version

This classic party game is the poster child for the joys of uninhibited hangouts. Alcohol may be the most popular social lubricant at Never Have I Ever game night, but cannabis makes a strong case to take the reins. After all, when THC binds to our endocannabinoid receptors, the brain gets the bliss signal that can decrease fear, anxiety, and any inhibitions you may have previously had about telling your friends you once got high with your second cousin and made out. Here's how to play Never Have I Ever, the High Version like never before.

1. Gather your friends and take turns sharing a statement about your cannabis use that starts with "Never have I ever." Examples include "Never have I ever bought a dime bag from a stranger." "Never have I ever got high with a family member," "Never have I ever accidentally on purpose smoked pure kief and then needed a friend to hold my hand for two hours and reassure me I was, indeed, still human." (We're not saying one of us may have done this...but one of us may have done this.)
2. Anyone who has done the "Never have I ever" action takes a hit. If the statement truthfully applies to *everyone*, then the person making the "Never have I ever" statement takes a hit.

Pro Tip

Use a low THC strain for this one, so you can play for longer. We recommend Harlequin or Sour Tsunami to avoid being *too* too high.

#31: Zoom Sesh

When Tim Berners-Lee created the World Wide Web in 1989, did he have any idea the Pandora's box of both horror and delight the world was about to open? We may never know, but we do know that one of the early dreams of a connected world was to bring communities together. For better or for worse, the web has done that, and when it's for better, it feels pretty darn great. That rush we get when we meet other fans of *Battlestar Galactica* comes partially from the bliss hormone, anandamide. Researchers discovered that connecting with others increased production of anandamide, which then reinforced the pleasure of connecting, which then increased anandamide—it's a circle, man. Adding actual cannabis—often called “the social plant”—into the mix kicks the pleasure of connecting into high gear.

Mingling the magic of cannabis with the timeless joy of playing games with friends is a winning combination. Now add the convenience of doing it from the comfort of your own home, and—*bam!*—total pleasure. Here are five ways to turn a Zoom room into a space of earthly delights.

Strip Toker

Depending on how well you know your fellow game players—or how well you *want* to know them—consider Strip Toker. It's like poker, but not like it at all! Instead of playing cards, you're all taking a hit of weed and seeing who can hold it the longest. Whoever exhales first removes a piece of clothing. Finally, it's okay to take your pants off in a Zoom room.

PowerPoint Night

Get a group of friends, and have each participant prepare a ten-minute PowerPoint on any topic of their choice. Go for the absurd (Disney Princesses I'd Smoke With), the personal (Ranking My Most Embarrassing Moments While High), or the bond making (How Each of Us Would Fare on *MasterChef: Cannabis Edition*). Go crazy with turbulent transitions, unprofessional fonts, and goofy sound effects.

Scriblio

This online drawing game will have you giggling and guessing like you used to as a kid playing Pictionary. Drawing on a laptop, phone, or tablet only makes these drawings come out sillier. You've heard of Paint & Sip. Now get ready for Doodle & Puff.

Among Us

Any virtual game list wouldn't be complete without this viral sensation. Each player joins a game to find out who "among us" is a killer. Like Mafia but cuter and set in a command ship, this game lets you have a murder mystery night, all from the comfort of your own home. Cozy up, consume your cannabis, and find out which of your friends is the most suspicious.

Pro Tip

Whatever your Zoom pleasure, designate a Zoommaster to serve as cruise director. Your leader should be someone who stays social when stoned, can keep the game flowing, and knows how to read a Zoom room. Is it time to end the game, put on some music, and just let everyone kick back and chill? Your Zoommaster will know.

#32: Green Gratitude

Thank-you notes. Your mother told you to write them, and did you? In addition to calling your mom, we want you to write that thank-you note. But not for those decorative yoga-practicing lawn frogs Aunt Helen sent. No, we want you to write a thank-you note to someone you're grateful for. You've heard it before, but gratitude not only makes the receiver feel good, it makes the giver feel good.

Dr. Martin E. P. Seligman, considered the father of modern positive psychology and a professor at the University of Pennsylvania, found that people who wrote and personally delivered a letter of gratitude to someone they had never properly thanked showed a huge increase in happiness. You

too can get that happiness. Use the power of the flower to decrease inhibitions and harness those big feelings hiding just under the surface. Then choose a human you're grateful for and get to writing. Stuck on who to write to? May we suggest a former teacher, a mentor, a favorite aunt or uncle, a childhood friend, or your local budtender.

Helpful Hints

- Don't worry about length or quality of stationery. It's the sentiment that matters—we promise.
- If the thought of expressing yourself gives you hives, try a strain high in linalool, a calming terpene good for relaxation. We're sure your letter is the stuff of geniuses, but just to be sure, reread before sending. Sober you needs as much say in these things as high you.

1

Percent of cannabis dispensaries with Black owners, according to a 2016 *BuzzFeed* analysis.

The Blackness of Weed

by Mennlay Golokeh Aggrey

Since 1998, there's been one constant in my life—weed. It certainly was not in my West African immigrant household growing up, yet the pervasive healing of cannabis entered my life at the dewy age of fourteen. Cannabis was a way to tap out of my teenage depression and tap into a secret rite of passage: a focused and mature appreciation for Black youth, a concept often uncelebrated.

It wasn't until 2005 that my portal to joy turned into a full-time career. Under California's Proposition 215, my budding career choice in the world of weed became precariously legal. On this new path, it was made clear that my involvement would be fraught with the obstacles of being Black. Black in weed. Black in a small rural hippie town. Black in the supermarket. Black in the nice neighborhood until my neighbors threatened to call the police. That naive joy of my youth hardened as I continued to clench to survive in the industry.

According to a study by *Marijuana Business Daily*, Black folks represent less than 5 percent of cannabis executives. Nevertheless, in every state, we African descendants are arrested at exorbitantly higher rates than any group for marijuana possession—including in legalized states.

What can we do to repair the wrongs for people least represented in the legal cannabis industry yet most abused by the “war on drugs”? Start by using one of these three action steps.

1. Buy Black using *InclusiveBase*, a database for conscious cannabis consumers with over 700 companies of color leading the way in the

weed renaissance.

2. Support initiatives that prioritize the needs of BIPOC communities like the Floret Coalition, an antiracist cannabis collective using the giving circle model to fund equity-oriented actions via monthly donations.
3. Get active politically by voting for national and local laws that reinforce equitable industry standards.

Mennlay Golokeh Aggrey is an interdisciplinary cannabis professional, author of The Art of Weed Butter, and cofounder of the hemp brand Xula. She currently resides in Mexico City where her work explores the African diaspora via cannabis and cuisine.

The Path Forward

For a personal, historical, and political perspective on cannabis, there's perhaps no one better to turn to than **asha bandele**, an award-winning journalist, celebrated racial justice and prison abolition advocate, and bestselling writer of six books, including the memoir *The Prisoner's Wife* and Patrisse Cullors's story, *When They Call You a Terrorist: A Black Lives Matter Memoir*. Here she shares her insights into cannabis's racist past and more hopeful future.

Historically, criminalization of cannabis has disproportionately hurt Black and brown cannabis users. Can you give us a high-level overview of the problem?

The first laws criminalizing cannabis coincide with migratory patterns and economic concerns—Black people escaping white terrorism in the South, Mexicans migrating north to work the plantations, and the United States trying to pull itself out of the Great Depression. When the federal Marijuana Tax Act was passed in 1937, it effectively yanked a whole lot of Black people out of job market competition and instead returned them to a free labor system behind prison walls.

None of this could have happened without a complicit media, which continually amplified false reports (most notably pushed by Harry Anslinger, who ran the Treasury Department's Bureau of Narcotics and whose reign of terror reverberates in law enforcement today). Even with 68 percent of Americans supporting cannabis legalization, in a liberal state like New York, Black and brown people continue to comprise 90 percent of cannabis arrests—despite all the data that indicate white people use and sell it at equal or greater levels.

Legalization hasn't fixed the inequities Black and brown people face related to cannabis when it comes to the

criminal legal system. What can people do to help address this?

Dr. Maya Angelou instructed that we have to have courage to do anything well, and to do this work well, we have to have the courage to reckon with the full accounting of our history, including privilege wrongfully afforded to some at the expense of others. So the first thing we need to do is ask ourselves these questions:

How do we now level-set? What are those who have benefited from others' harm willing to give up? Are we drafting and fighting for laws that undo and address the underlying and long-standing harms of criminalization? Are we considering where and with whom we ground our understanding and history? If we read about cannabis (or any drug), are we reading the leading scientists on the subjects, like Dr. Carl Hart, author of *Drug Use for Grown-Ups: Chasing Liberty in the Land of Fear*?

If you ask the wrong questions, you're bound to get the wrong answers. It's that simple. The information is there. We just need the interest, a real excavation of the query: What are our true end goals?

What organizations can people support to help make a difference in the fight for equitable drug laws and treatment?

There are many people and organizations fighting the good fight. Here are a few places to start.

- **The Hood Incubator** (hoodincubator.org) works to help Black community members thrive as workers, owners, and investors in the growing legal cannabis economy.
- **Cannaclusive** (cannaclusive.com) facilitates fair representation of minority cannabis consumers and provides ways for consumers to support equity in the cannabis industry.
- **The Harm Reduction Coalition** (harmreduction.org) works to create constructive conversations with communities, legislators, and public health organizations to promote harm reduction services and change the narrative about people who use drugs.

- **Supernova Women** (supernovawomen.com) empowers people of color to become self-sufficient shareholders in the cannabis economy.

#33: Same Thing, Same Time

If we told you you're about to learn how to play a collaborative word game where you and a friend try and say the same thing at the same time, you might (understandably) turn the page...but wait! Trust us when we say that this may be the most fun you can have high with another person...without spending money...or touching each other.

Here's how to play, with a real-life example to illustrate:

Get a friend (you can play with more than two, but it's a lot harder). Each of you thinks of a word and on the count of three, say the word. It doesn't matter what the word is. Sure, you can go with *snickersnee* (a large knife used to fight in the 1700s), but choosing something more commonplace will bring faster success.

Melanie: circle

Larry: coffee

1. Now go again, but this time try to say the same word by finding the intersection of these two words. You're looking for a word that connects the two or is something they have in common.

Melanie: mug (*both mugs and circles are round*)

Larry: bean (*both coffee beans and circles are round*)

2. And again. Everyone thinks differently, so it usually takes a number of rounds to get to the same word.

Melanie: soup (*you put soup in a mug, soup can have beans in it*)

Larry: hot (*beans are eaten/drunk hot, mugs hold hot things*)

3. And again...

Melanie: chicken noodle (*whoa, mind meld*)

Larry: chicken noodle (*whoa, mind meld*)

Of course, you can play this game without the wacky weed, but cannabis is great for free association because it increases automatic semantic priming, which means when you encounter one concept, it makes related concepts more accessible. Not to mention that you'll be even more blown away by your telekinetic superpowers and be ready to take on the world like the Wonder Twins you are.

#34: Head to Bollywood

What goes better with cannabis than movies? Sex (see “Get It on Ganja Style”)! Also, music (“Beautiful Music, Together”). Also, food (“Cannabis Cuisine”). But *then* it's movies. Movies *for sure*. The reason movies are so enjoyable when you're high has to do with THC's slowing effect on the amygdala. The amygdala recognizes stimuli and triggers a response. A slowed amygdala doesn't recognize stimuli as quickly, so what you're encountering (those moving images on your flat screen) seem even more fascinating and entertaining. Not to mention that when THC binds with those CB1 receptors, the effect is a blissed-out brain. Now add friends and family to the mix, and you've got the recipe for a perfect evening.

There are lots of movies that pair perfectly with our favorite herb (see our flow chart to find your ideal match), but if you're in the mood for something a little more adventurous, take a trip east and find out why Bollywood is famous for its “masala” films. Masala is a mixture of spices and, fittingly, masala films are a spicy combination of action, comedy, romance, drama, and melodrama all tied together with fifty-seven musical numbers! To fully appreciate Bollywood's cinematic genius, we recommend preparing a bhang elixir (recipe included) and pairing it with

one (or all) of our recommended technicolor masterpieces, readily available wherever you're streaming entertainment these days.

Bollywood Blockbusters

Amar, Akbar, and Anthony

Three brothers are separated, one brought up as a Hindu, one a Muslim, and one a Christian. If it sounds like the beginning of a bad joke, you're so very wrong. This '70s epic would keep you laughing even if you weren't high.

Go Goa Gone

Friends + a rave + a remote island + an experimental drug that turns people into...zombies? This zom-com plays for laughs in this slacker comedy. We'll trust you'll ignore the "just say no to drugs" message at the end.

Delhi Belly

This funny, filthy romp is a *Hangover*-style adventure following three roommates who get mixed up with a hard-nosed gangster. Psst...if your bleary bhang eyes can't manage that subtitle-reading thing, this one is mostly in English.

75

Percent of all employees in the cannabis industry who report that they joined this fast-growing job sector for the chance to create change.

Bhang Elixir

Prep: 15 minutes

Cook: 30 minutes

Total Time: 45 minutes

Yield: 4 cups

Ingredients

2 cups water

½ ounce fresh cannabis leaves, buds, and flowers

3 cups warm milk, divided

¼ teaspoon garam masala

¼ teaspoon ground ginger

½ teaspoon ground cardamom

½ cup sugar

Directions

Heat the water to a rapid boil, then remove from heat and add the cannabis. Steep for about 7 minutes.

Strain the leaves and flower, squeezing all the liquid goodness out. Set the water aside.

Combine the leaves and flowers with 2 teaspoons of warm milk and grind using a mortar and pestle. Slowly add milk, and continue grinding until you've used about ½ cup of milk and formed a fine paste.

Stir the paste into the remaining milk.

Add 1 cup of steeped water to the milk/paste mixture.

Add the garam masala, ginger, cardamom, and sugar, and stir well.
Pour into mugs and serve.

The Lord of Bhang

Shiva, the god of destruction, is considered the lord of bhang because of his love of everything society rejects—you know, corpses, intoxicants. One of the earliest mentions of cannabis is found in the Vedas, a collection of sacred Hindu texts written around 2000 BC. According to the seventeenth-century *Raja Valabha*, the gods created cannabis because of “compassion for the human race, so they might attain delight, lose fear and have sexual desire.” The gods churned the heavenly ocean so that a drop of sacred nectar fell from the sky, and from it the first cannabis plant sprouted, a plant so sacred, a guardian angel lives in its leaves (and who are we to argue?).

#35: Five Dollars or Less

Who says you need a lot of money for rollicking good times? After all, that edible you just ingested probably only cost you two bucks for hours of top-notch entertainment. Using the same principle, get yourself a friend or five, fix a five-dollar budget, and set yourselves loose in a big box store. Whoever finds maximum entertainment for minimum value wins. Our research shows five dollars can get you a pound of gummy bears, a five pack of silly putty, five hundred gold stars, or a deeply discounted copy of *Hocus Pocus*! With that kind of haul, everyone’s a winner. Plus, collective goals are great for team building, and what are you and your friends but a super high team of flower fanatics?

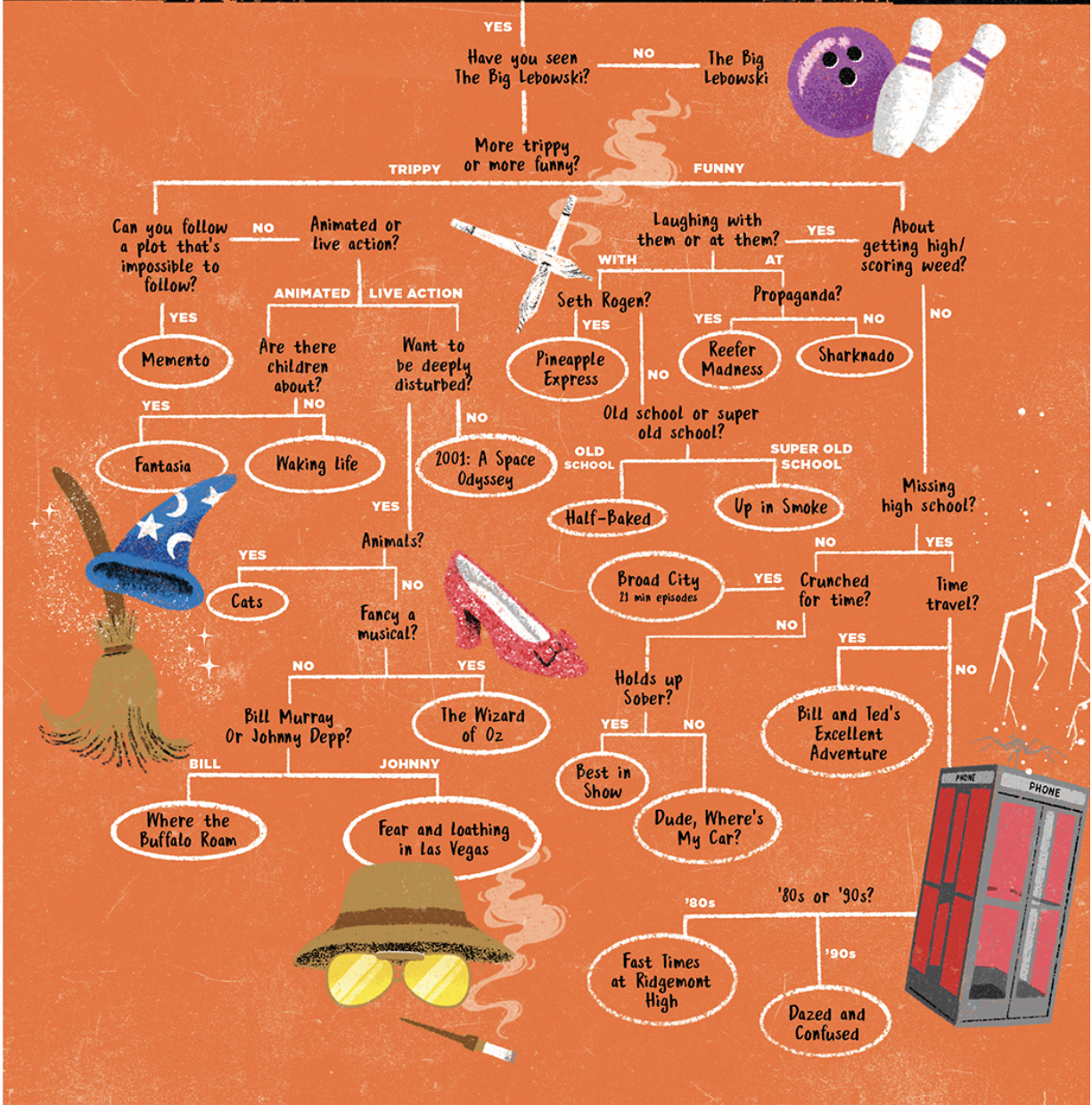
Pro Tip

Bring sunglasses; it can get bright in there. Also, those shades will hide your telltale red eyes, which (fun fact) occur when THC causes the blood

vessels in your eyes to dilate, creating those bloodshot eyeballs. The good news? That same dilation is treating your undiagnosed glaucoma.

WHAT MOVIE SHOULD YOU WATCH?

ARE YOU HIGH?



#36: The Twenty Questions Sessions

In a now-legendary *New York Times* Modern Love column, an essay titled “To Fall in Love with Anyone, Do This” captured the hearts of millions. The writer cited a study by psychologist Arthur Aron that found that intimacy between two strangers can be accelerated by having them ask each other a specific series of personal questions. Our version of these questions may not make you fall in love, but what do we know?

1. What’s the first time you can remember being high? Who was there?
How did it go?
2. What’s one thing you love to do high?
3. Can you describe a favorite food, film, or song that you love to enjoy high?
4. If you could invite three people, living or dead, to a cannabis-themed dinner party, who would they be?
5. What’s one adventure you want to have high before you die?
6. What’s the strangest place you’ve gotten high?
7. What is the most unbelievable thing that’s happened to you while stoned?
8. What do you value most in a friendship?
9. How have you become more like your mother or your father?
10. If you could experience being anyone, who would it be and why?
11. If you could turn into any animal for twenty-four hours, what animal would you be?
12. What is a memory you love to replay in your head?
13. What is the pettiest thing you’ve ever done, either high or sober?
14. What’s the funniest text you’ve received from a relative?
15. Who is someone in your life you deeply admire?
16. The scholar Kylie Jenner once said, “This is the year of realizing stuff.” What stuff have you realized this year or last year?

17. Who is someone you're missing right now? (Consider writing that person a letter; see "Green Gratitude.")
18. If you were able to live to the age of ninety and retain either the mind or the body of a thirty-year-old for the last sixty years of your life, which would you want?
19. What is a mundane superpower you'd want? (Not flying or reading minds but snapping your fingers and having all your laundry folded type of thing.)
20. Okay, we'll bite: flight, invisibility, or telepathy?

"Is marijuana addictive? Yes, in the sense that most of the really pleasant things in life are worth endlessly repeating."

—**Richard Neville**

Sex



Get It on Ganja Style

We contemplated leaving it at “Just Do It,” but then what would you talk about at your next dinner party? Researchers are still trying to figure out exactly why cannabis makes sex better (and more frequent), but they have some ideas and think it comes down to these three things: (1) reduced anxiety and inhibitions, (2) enhanced pleasure, and (3) heightened sensation.

Alcohol, of course, can also loosen up the mind and the body, but unlike cannabis, it’s a depressant, and too much can do a number on your state of being the next day (not to mention make it more difficult to...ahem...perform). To put it in layman’s terms, the words “I had the best drunk sex last night” have never been spoken. Those of us who have combined the joy of sex with the joy of cannabis can promise you the reviews are five star, but don’t take our word for it. Listen to the experts about how to maximize your flower powered make-out sessions.

FIELD NOTES

Is Cannabis Viagra for Women? Suzanne Mulvehill, a doctoral student at the International Institute of Clinical Sexology, was so affected by the intersection of cannabis and

sex that it changed her life. “I saw four sex therapists over three decades to resolve my difficulty experiencing orgasm, and it was finally with the help of cannabis that I found relief,” Mulvehill said. “I sold my business and launched the Orgasm Project, a nonprofit organization dedicated to ending female orgasmic disorder, one that affects up to 46 percent of women worldwide.”

Although to date, most of the reports on the female orgasm/cannabis connection are anecdotal, Mulvehill said the clinical studies are catching up. We know that women are more affected by cannabis partly because of hormones. More estrogen means more sensitivity, both to touch and cannabis’s effects, making women’s high experience more relaxing and euphoric than men’s. And for women who feel cultural repression or sexual inhibitions, cannabis can affect their libido even more than men. In a study of 373 women, Dr. Becky Lynn found that 34 percent were using cannabis for sex and that these women were twice as likely to orgasm as nonusers. Mulvehill also said that low libido is the number one sexual complaint among women and that cannabis can be a game changer. “As my own work and that of others continues,” she said, “there’s a wide-open world ahead in which cannabis can serve as a powerful, natural sexual healer.”

ACTIVITIES

#37: Have...Sex

Believe the hype: high sex is amazing. That said, if you're new to this combination, we don't recommend taking two big bong hits and jumping into the sack. Dr. Diana Urman, a licensed clinical social worker with a doctorate in human sexuality, encourages her patients to use cannabis to create a "transformative lightness of being." As Urman said, "Relationships are so often laden with unresolved interpersonal conflict, and taking even a small amount of cannabis can lower defenses, inhibitions, and create an environment of intimacy and connection." Here are Dr. Urman's tips for high sexy times.

Master Your Own Domain First

"I recommend each member of the couple try small doses of cannabis on their own time to get comfortable with it," she said. "Once each person has felt its effects, experiencing cannabis together will be a more natural feeling."

Eat It

While everyone responds a little differently to strains and delivery systems, Urman recommends starting with edibles. "Administration of edibles is highly measurable and standardized, so you know exactly what you are taking."

Take It Slow

“The journey should be interpsychic; that’s two psyches coming together, for us nonpsychology types,” said Urman. “For the first forty-five to sixty minutes, engage in a solo somatic practice such as meditation, a bath, masturbation, erotic movies, or whatever else will relax and arouse each person before the delicate dance begins.”

Take the Weekend

Like many of life’s pleasures, Urman prescribes taking your time. Set aside a weekend if possible, taking an edible in the morning or early afternoon with a light meal: “Peak hormonal production is around 10:00 a.m. It’s ideal to ride the flow of that hormonal wave.”

Open Your Mind as Well as Your Legs

Above all, Urman suggests keeping an open mind. “Try not to have preconceived notions or expectations. Have curiosity about what may happen, and allow your sense of adventure to lubricate your mind. Cannabis is a gift for us sexually. It would be a shame for us not to use it.”

#38: Play Time

Sex is supposed to be playful, so bring the games into the bedroom. You’re welcome to go full-on role play (that construction worker hat you wore on Halloween pairs nicely with your birthday suit), but for something a little less prop reliant, try these two (or three?) person amusements.

420 Play

Before getting down and dirty, use your smoke session as a little foreplay. Try out the “shotgun kiss” where one partner takes a hit and then blows smoke into the other’s mouth.

Slow It Down

Cannabis already makes time s l o w down. Take advantage of this mental phenomenon and see how long you can go before getting to second base. Now third. Now...focus on one body part at a time. You may find that that sculpted calf is even more delicious than you thought.

Play 1 or 2

THC lowers inhibitions, so bring some preference play into your sex life. You know when you get an eye exam, and the doctor asks you which one is clearer: “1 or 2?” Do this. With touch. Nibble a nipple lightly, then harder, then ask, “1 or 2?” Repeat.

#39: Infuse Your Lube

Wondering why your local dispensary or favorite online store is selling lubricants alongside the edibles, infused drinks, and flower? Topicals, like lube, won’t get you super high (THC is absorbed by the skin and can’t cross into the bloodstream). But since THC is a vasodilator, you increase blood flow to those sensitive spots, increasing pleasure. And you can increase your pleasure even more by extending your foreplay and getting cooking in the kitchen together. Sex educator Ashley Manta, who helms the CannaSexual brand, walked us through how to cook up some couple’s lube and then gave tips for applying...in all the right places.

20

Percent of daily cannabis users who report having more sex than nonusers.

Infused Lube

Prep: 10 minutes

Cook: 4-5 hours

Total Time: 5ish hours

Yield: 8 ounces

Ingredients

8 ounces vegetable oil (Ashley likes olive oil, grape-seed oil, and MCT oil)

¼ ounce cannabis flower

Supplies

Baking sheet

2 4-ounce Mason jars or one single larger jar

Slow cooker (or large pot)

Funnel

Cheesecloth

Bottle to store the final product

Directions

Decarboxylate your cannabis to activate the THC by breaking your cannabis into ½ inch by ½ inch pieces, spreading it on a baking sheet, and baking it at 220°F for 20-ish minutes. You'll know it's done when it turns a light brown or yellow color. Then divide evenly into your Mason jars.

Divide oil and add equal amounts to each jar. Seal the jars as tightly as possible.

Place the Mason jars in your slow cooker and cover with boiling water so that the jars are fully submerged. Set slow cooker to “warm” and let cook for four to five hours. You can also submerge jars in a pot of simmering water, but check your water levels frequently to make sure jars are covered.

Use a jar clamp or heavy oven mitts to pull the jars out every hour and give them a good shake.

After four to five hours, remove jars and place them on a cloth to cool.

Line a funnel with four layers of cheesecloth and place over a glass bowl. Slowly pour the cooled liquid through the cheesecloth, squeezing out the plant matter to get as much oil as possible. Your strained oil will be slightly green.

Transfer the oil to bottle.

Manta’s Pro Tips:

Use flower that is lab tested to be sure that it’s free of pesticides and so that you know the cannabinoid and terpene breakdown.

Remember that oil products are not compatible with latex barriers, so be sure to use nitrile or polyurethane gloves and condoms for safer sex practices.

Cannabis-infused oils can be used for full body massage but are most impactful on vulvas when given time (around fifteen to twenty-five minutes) to work their way into the tissue.

Ashley Manta is a sex educator and founder of the CannaSexual brand, a Playboy advisor writer, and author of The CBD Solution: Sex: How Cannabis, CBD, and Other Plant Allies Can Improve Your Everyday Life.



Productivity



Cannabis may have earned its reputation as a fantastic mellow maker, but it's increasingly a tool the titans of tech, business, and the art world are using to kick-start ideas and find laser-sharp focus when they need it most. Just ask Stephen Kotler, who wrote nine bestsellers while stoned. Or Seth Rogen, who...well, we'll let him tell you himself. Not to mention Willie Nelson, Maya Angelou, Alanis Morissette, Carl Sagan, and the (probably) millions of others who have been slyly getting high and changing the world. In other words, wipe that image of the couch-locked stoner from your brain, and get ready to embrace the productive pothead.

We've known for some time that cannabis improves creativity (see "Creativity"), boosts energy (see "Body"), and decreases anxiety (See "Mind"), but studies are now showing improved performance for cognitive function, motivation, focus, and that elusive flow. You know "flow," that sought-after place where you're so absorbed by a task that everything else seems to fade away and your mental and physical performance are at optimal levels. In other words, you're flying. So it's no surprise that our favorite flower can help induce this much-desired state of being. In fact, the very same neurochemicals at work when we're in a state of flow are boosted by (you guessed it) cannabis. And what are those neurochemicals? Let us introduce you to dopamine and serotonin.

We know serotonin as the “happiness hormone,” and anyone who’s smoked Serious Happiness (yes, it’s a strain) knows how fine it feels to activate that neurochemical, so it makes sense that dumping serotonin into your system will get you feeling good about getting shit done. Dopamine gets the same billing (happiness in a molecule!), but these two neurochemicals do more than make you blissed out. Higher serotonin levels are associated with more effective learning. Smart people found that when serotonin neurons were activated in mice, the mice were quicker to adapt their behavior to a situation that required flexibility, meaning they learned faster. And really, aren’t mice and men both just reward-seeking mammals? Dopamine can also help with productivity. Often called the “motivation molecule,” dopamine is what helps us focus. In fact, the ADHD drug methylphenidate (aka Ritalin) works by boosting dopamine, so more cannabis equals more dopamine equals more focus. And who doesn’t want improved focus, whether you’re trying to figure out the electronic structures of high-temperature superconductors or cleaning out your sock drawer?

But it’s not just those neurochemicals that cannabis enhances. Weed slows the amygdala, the part of the brain that triggers fight or flight. This can be a bad thing if you’re trying to figure out whether to run from or wrestle a bear, but it’s a good thing if you’re trying to think about a task in a new way. A slower amygdala doesn’t recognize stimuli as quickly, so what you’ve encountered before seems new again, making boring tasks more exciting and allowing your brain more time to think about those exciting tasks in new ways. Pair this with a slowed dorsolateral prefrontal cortex (the area of the brain responsible for self-censorship and inhibition), and you’ve just become a noncensoring, uninhibited, innovative thinking machine!

We could also tell you that cannabis increases semantic priming (your ability to free associate more quickly) and can help you complete tasks more quickly without a loss of accuracy, but instead we’ll remind you that

the authors of this fine piece of literature you're currently reading have written fourteen books between them. We're not saying we wrote all those while high, but we *are* saying we're just fine with cannabis taking some of the credit.

FIELD NOTES

To Toke or Not to Toke? William Shakespeare probably answered this question with a resounding yes. Scientists discovered that 400-year-old tobacco pipes excavated from Shakespeare's garden had trace amounts of cannabis, which would explain a whole lot of *A Midsummer Night's Dream*.

Back in the Day, We Didn't Have Apps: Before there was e-commerce, there were Stanford students using the Arpanet to buy and sell weed to MIT students. Yes, the first e-commerce transaction was a drug deal.

The Hippie Speedball: Have you tapped into your "creative flow," a state of being where you are completely present and fully immersed in a task? Steven Kotler, founder of the Flow Research Collective, said that "action sport athletes for years have been combining exercise, coffee, and cannabis into a 'hippie speedball,' and they've been using it as a performance-enhancing chemical which is chemically indistinguishable from the state of flow." That's a speedball we can get behind.

ACTIVITIES

#40: Green Cleaning

Cannabis can make you hyperfocused—that’s our increased dopamine levels talking and saying: dig in. For mucho motivation, you’ll want a strain that’s high energy (try Green Crack for all the reasons the name implies). Then break out your cleaning products, fire up a playlist, and scrub like you’ve never scrubbed before. You’ll soon see why cleaning is one of the most productive and satisfying stoner tasks. Plus, weed can also help chill out your inner perfectionist, so your bathtub will end up sparkling even if those rust stains aren’t going anywhere.

Level Down

Got a case of couch lock? People-watch other people clean their homes by googling “Clean with Me” or “Extreme Cleaning” videos. Hundreds of thousands of subscribers can’t be wrong.

#41: Stay Lit, Spark Joy

With the hyperfocus that THC can provide, you’re ready to Marie Kondo your space. And when your central nervous system’s CB1 receptors bind with those sweet, sweet cannabinoids that produce that relaxed feeling of wellness we’re all after, the answer to whether each of your sweaters “sparks joy” will be so much more obvious. Here are three tried, true, and tested high home organizational projects.

Label. Everything.

There are three types of people in the civilized world: (1) people who don't like to make labels, (2) people who like to make labels, and (3) people who like to get high and make labels. We cordially invite you to join us in category three. We really can't emphasize how much joy that twenty-five-dollar label maker will spark, but if you'd rather save your money for some nice Sour Tangie pre-rolls (and who doesn't love that clear-headed, euphoric high), scrap paper, a Sharpie, and some transparent tape will do the trick.

Systematize Your Books

Whether your literary organizing principle takes on a straight ABC by author approach, you prefer to sort by genre, or you're into the surprisingly satisfying color-coded technique, once you're in the zone, you'll soon realize the pleasures of a lit library.

Clean out Your Fridge

Weed heightens your senses, which makes post puff an ideal time to use your super sniffing powers to suss out if that yogurt has seen better days. Go through your mainstays, but don't neglect those poor condiments. Aunt Rose's elderberry preserves aren't going to suddenly be devoured after year two.

#42: Pass the Dutchie on the Left-Hand Side

Joints. Everyone loves them—they're easy to pack! You feel like a baller smoking one! You can sing that catchy song! But few know how to roll 'em right. And no one wants to take the time to watch a tutorial and exercise fine motor skills when they're itching to get high. But what if we told you that you could get high and *then* focus on rolling fatties? Harness the power of THC's dopamine boost and get motivated to roll the perfect joint.

Here, you'll find instructions for rolling one manageable but good-sized joint. For reference, most of the pre-rolls you buy at a dispensary are a full gram, but those fatties can be harder to get right, so start small. You'll never feel more productive than when you're making future you very thankful for past you.

Good-Sized Joint

Prep: 5 minutes

Create: 10 minutes (for a first timer, but soon you'll be rolling these bad boys in minutes)

Total Time: 15 minutes

Yield: 1 good-sized joint

Ingredients and Supplies

½ gram of cannabis

Cannabis grinder

Thin cardboard or thick paper for the crutch (aka filter). Many packs of rolling papers include this cardboard. If you're making your own, aim for a rectangle about 1 x 2 inches.

Rolling papers (single or 1¼ sized)

A pen, or a similarly shaped object to help pack the joint

Directions

Step 1: Grind the cannabis into small pieces, commonly known as “shake.” If you don't have a grinder, you can break your buds by hand or with a clean scissors.

Step 2: Create a joint crutch or filter by making a few accordion folds at one end of the cardboard. Then roll the rest of the cardboard around your folds so you end up with a cylindrical shaped filter.

Step 3: Place rolling paper on a hard surface with the glue side faceup and toward you. Lay the crutch at one end of the paper and load the paper with shake.

Step 4: Pinch the paper between your fingertips, and roll it back and forth between them to pack the cannabis down.

Step 5: For a conical roll, start rolling the paper at the crutch side of the joint, tucking the unglued side of the paper into the roll.

Step 6: Lick the glue side of the paper and tack first to the crutch side of the joint. Once the paper is tacked down on that end, work your way down the rest of the seam by tucking and sealing the joint to the end. You might need to fatten the end by adding a little weed so your joint resembles the cone pre-rolls you buy at a dispensary.

Step 7: Pack the end with your pen to ensure an even burn and close the tip with a twist.

FAQ

Why use a crutch?

It's a mouthpiece that keeps your joint open (even when your wet-lipped friends inhale before you), blocks the shake from getting in your mouth, and keeps you from burning your pretty little mouth.

What can I use to make a crutch?

You're looking for something thicker than printer paper but thinner than a shipping box. Possible options: an index card, a magazine subscription card, a page of this book.

What rolling papers should I use?

Whatever you have, but if you want to be fancy, we recommend hemp paper because it's thin, strong, and burns evenly without affecting the flavor.

Why should I pass the dutchie on the left-hand side?

Most of us are right-handed, so if you pass to the right, you're passing it to the next person's left hand, which forces them to either turn their body toward yours to take it or take it in their left hand. So take a puff, and then pass the dutchie on the left-hand side.

#43: Higher Learning

Fine. We can't endorse walking into a physical classroom looking like you just came from a dispensary (we're talking to you, modern-day Jeff Spicoli), but in the virtual world, the focus that cannabis offers pairs perfectly with learning from the comfort of your own desk or futon. After all, when cannabis is boosting your naturally occurring serotonin and dopamine, you're not only happier, but you're more focused and able to learn more quickly. Higher serotonin levels are associated with more effective learning, and dopamine isn't called nature's ADHD medicine for nothing.

Whether mastering a new skill, brushing up on American history, or just letting the genius of Judd Apatow's secrets of comedy writing sink in, a world of higher learning awaits you. Here are the leaders in the virtual learning space with one carefully chosen class we think will pair perfectly with your cannabis-fueled flow.

Bake San Francisco Style Sour Sourdough Bread: Udemy

Clam chowder and bread bowls, anyone? Learn to make your own sourdough starter and then bake into an artisan loaf any local San Franciscan would be proud of. It's simple: get baked and get ready to bake! Best of all, you'll end up with a delicious snack the next time the munchies hit.

Cosmology and Astronomy: Khan Academy

Getting stoned can make you think deep thoughts about life and the state of the universe. But why not actually learn something about space and time while you're flying high? This out-of-this-world course will teach you all

about the scale of the universe, black holes, and life outside Earth in a way that will be sure to boggle your mind and help you think beyond “duuuude...”

Sharpened Visions: A Poetry Workshop: Coursera

Picture Jonah Hill’s character in *22 Jump Street* reciting his slam poem titled “Cynthia”: “Slam...poetry / YELLING! Angry??? / WAVING MY HANDS A LOT. Specific point of view on things! / Cynthia! Cyn-thi-a! / Jesus died for our sin-thi-as!” If you’re interested in recreating this moment for yourself or preparing in advance to avoid embarrassment when your friends volunteer you for an open mic, take some lessons from these talented poetry professors. Get high for extra credit.

The Six Morning Habits of High Performers: LinkedIn Learning

Taking this class while high? The puns write themselves. Working on office skills and planning for your career can seem like a stressful task, but getting high will loosen you up and take off some of that pressure while you focus on your career goals. You can take LinkedIn Learning courses to gain career advice, practice graphic design, and learn how to work better with people. Leadership, management, soft skills, and customer service classes seem less daunting when you’re an enhanced performer.

The Real History of Secret Societies/Forensic History: Crimes, Frauds, and Scandals: Great Courses

Going down a conspiracy theory rabbit hole when you’re high is good stuff, but this time, you can actually gain some real knowledge while you’re at it. Get into the nitty-gritty of the secrets of mysterious scandals that will definitely blow your mind. Learning history is like hearing a great story except it’s all true, and you get extra points for remembering the facts. Absorb all the information while you’re high, and when you’re sober, you’ll have A+ trivia to replace boring small talk whenever you need.

Judd Apatow Teaches Comedy: MasterClass

There may be little that's more fun than doubling over with a belly laugh after an edible has kicked in (see "Laugh Your Grass Off" for why). Now you too can trigger the belly laughs. To brush up on your comedy skills, take a course from Judd Apatow, the master behind movies like *Bridesmaids* and *The 40-Year-Old-Virgin*. Learn how to write and perform stand-up, workshop comedic storylines for film and TV, and pitch your laugh-out-loud ideas to an audience. We promise you'll end up funnier, even when you're sober.

#44: Make a List

You don't need a study to tell you that cannabis is great for free association...but there's, in fact, a study to tell you that cannabis is great for free association! Some smart people at the University College London found that under the influence of cannabis, users showed increases in automatic semantic priming; that is, when you encounter one concept, it makes related concepts more easily accessible (i.e., your list making will be on point).

With that in mind, we invite you to indulge in the joys of free association while getting your life contained to a sensibly numbered (or bullet-pointed) register of things. Use our inspired list of lists (see how we did that?) for inspiration, or come up with your own:

- Household fix-its
- Christmas/birthday/420 day gifts
- Restaurants you want to try
- TV shows you want to binge
- Vacations you want to take
- Books/movies you recommend (someone is always asking)
- One-pot meals to cook

- Things you always forget at the grocery store (condiments, anyone?)
- Things you want to learn
- Podcasts you want to listen to
- Dog and cat names for pets of the future
- Reasons you rock

That Fine Kine Music

Skip the analog on this one and go straight to whatever fine kine streaming music app you use. Make playlists for cleaning (pair with “Green Cleaning”) or sexy times (go to “Get It On Ganja Style”).

#45: Digital Declutter

A messy room, home, or yard is obvious to all who enter it. The unkempt digital life is largely unseen yet can yield much more chaos in our lives. But when is a good time to declutter your digital life? How about: Right. Now. Well, right after you get really high.

We know that one of the best things about weed is that it makes almost everything more interesting (which is why we devoted a whole section to how and why cannabis makes the ordinary extraordinary—see “Joy”). One of the reasons the mundane becomes miraculous is due to cannabis’s effects on the amygdala. One of the amygdala’s jobs is to compare stimuli to what’s come before. Cannabis makes the amygdala...well...worse at its job, which is better for boredom. A high amygdala doesn’t recognize stimuli as well, so the old seems new, and the boorrrring task of deleting apps becomes omgomgomg exciting.

Add in the fact that a study that accessed the impact of cannabis on executive function found that patients who used cannabis for three months completed tasks quicker without a loss of accuracy, and we think you’ll

agree that there's no better time than the high time to engage in some dope digital decluttering.

Zen Your Desktop

This is your brain trying to make sense of dozens and dozens of docs, folders, and images piled across your desktop. Just say no. Here's how:

- **On a Mac**, click on any blank space, go to “View” on the menu, scroll down to “Clean Up By,” and you'll see a few options to organize your files and folders. Now: decide to either move a file to a folder, tuck a folder inside another folder, or delete any files you don't need.
- **On a PC**: Right-click your main hard drive (usually the C: drive) and select Properties. Click the Disk Cleanup button, and you'll see a list of items that can be removed, including temporary files and more. For even more options, click Clean Up System Files. Tick the categories you want to remove, then click OK > Delete File.

Once your desktop is in order, treat yourself to a zen-like background. Lots of free options are available, and a good place to start is simplifiedesktops.com.

Unsubscribe without Abandon

We read just a fraction of the newsletters we subscribe to, not to mention the lists we've been added to without our consent. Many services will scour your email and help you shed newsletter overload, but we like Unroll.me both for its price (free) and ease of use (easy).

Scrub Your Social Media

Defriend, unfollow, and clean out your social newsfeeds. Move fast through your lists, unclicking feeds and unfollowing people without thinking twice—ruthless flow is your *real* friend.

Opt Out

Finally, turn off all nonessential notifications. According to a study by the University of California, Irvine, it takes an average of twenty-three minutes and fifteen seconds to get yourself back on track after being interrupted. Every tweet or comment on an Instagram post that pops up breaks your flow for close to half an hour.

#46: The Photo Finish

You've made the memories. So why are you hiding them? We're talking about ALL. THOSE. PHOTOS. Some of us are storing them in boxes, boxes that get shuffled from house to house, from the back of one closet to the back of another. Others of us have let our pictures float invisibly in the cloud or on a hard drive. It's time to sort out this mess and unfreeze your frames.

Before we start, we should warn you that THC's ability to slow down the amygdala and make everything old feel new again means there's a real risk that you'll get lost in the rabbit hole of your life in pictures. And yet when we recall the hyperfocus cannabis offers, it's actually a perfect time to go down the long and winding road called Memory Lane (there's an activity for that; see "Memory Strain").

Go Digital

Most of our photos are safe on the cloud...where no one will ever see them. Including you. You could buy that digital frame that cycles through one hundred photos and put it on your coffee table, but if you're under eighty, you may want to find a place that allows you to store, organize, and showcase your photos. The good news is that both free and paid options are everywhere. But first, get a low-dose buzz on, invoke your Type A organizational brain, and remove as many duplicate shots as possible (there are plenty of free apps for that for both Mac and Windows users).

Now sort your images into as many clearly named folders as you can and head to the cloud, where Google Photos is the biggest (and arguably best) option for storing, organizing, and sharing pics (and your first 15GB of storage are free). Looking for other options? Old-school favorite Flickr has a solid free plan (1,000 photos), while Flickr Pro's five-dollar-a-month option offers big bang for your buck with unlimited storage and lots of perks like discounts for SmugMug (a great photo site for showcasing, and even selling, your photos). Self-publishing platform Blurb is also great for serious shutterbugs.

Go Analog

Bring those photos down from the ether and onto your coffee table in the form of a bound book. How to wrestle your thousands of images to the ground? Curation powered by cannabis. Sure, you could design a beautifully bound book of memories (go you!), but if you have even a modicum of perfectionism, we strongly encourage you to take the easy way out (i.e., dump all your pics in one place with the help of services like Mixbook, Shutterfly, or other easily searchable options). Let the robots organize and lay out, and then enjoy the fruits of their labor five to ten business days later.

#47: New Highs at the Office

We know cannabis lowers inhibitions, so while we don't recommend getting high on the job (we're looking at you, air traffic controllers...okay, you too, librarians), we do recommend getting high after work. And not only do we recommend getting high after work, we recommend doing it with your coworkers. For too long, postwork happy hour has dominated colleague get-togethers. But we say, no more. Join us (and Gandhi) in saying, "Be the change you wish to see in the world," and put together your workplace's first *truly happy* happy hour.

We're sure you've sussed out your 420-friendly cohort, so enlist those folks, and use the power of many to normalize what we already know is normal. Then invite the rest of the gang, and help remove any stigma the closet cannabis users may feel. Let nonusers know they're welcome too. After all, no one ever apologized for arranging a bar hang.

Black Box Warning

Read the room. If you work with a bunch of buttoned-up nervous Nellies, inviting them to a backyard dab sesh may not be the best use of your time. Likewise, if cannabis is still (annoyingly) illegal in your state, this may be one activity to keep on the back burner.

Working High, or Highly Working

Rick Doblin, founder of the Multidisciplinary Association for Psychedelic Studies (MAPS), a nonprofit research and educational organization that develops medical, legal, and cultural contexts for people to benefit from the uses of psychedelics and cannabis, practices what he preaches. Here he shares some insights about using cannabis to enhance his own work.

"One of my favorite things is getting high and editing my own writing or writing from my staff. For people who are nervous about getting high and getting work done, I want to say that for me at least, when I'm high, I see things that are missing, I see the bigger picture. I get out of the trap of thinking, *Okay, here's what I've written, and let me fine-tune it and change my perspective* and shift to *Here's a whole other argument to make or idea to bring in*. Strategizing is a great high task because it's about being imaginative and brainstorming and then fine-tuning your ideas. I've made some of the most important decisions of my life when I was

blocked and got high and then was able to look at something in a new way.”

#48: Visualize to Actualize

How many of you locked your teenage selves in your room with a pile of magazines, a glue stick, some posterboard, and total confidence that you could manifest those Guess jeans, dual cassette stereo, and super cool boyfriend through a vision board? Just us? Okay, fine, one of us? Sure, collaging pictures of beach houses and motivational sayings isn't going to make your wildest dreams come true, but there is something to be said for creating a physical representation of what you want in life. You can't wish a million dollars into your bank account, but you can think your way into mental and even physical transformation. One study from the Cleveland Clinic Foundation proved that visualizing exercise was almost as effective as actually doing the exercise (hands up if you too have a new exercise regime).

So visualizing the future you want can absolutely bring it into being, particularly if you're focused on how you want the future you to *feel*. And guess when your visualization powers are at their most potent? That's right, when you're high. But it's not just that your ability to imagine is increased; it's that your tendency to criticize what you've imagined is decreased. Cannabis can slow your dorsolateral prefrontal cortex (the area of the brain responsible for self-censorship and inhibition) so that you're less likely to judge yourself for needing that picture of kittens in a baby carriage. The less you judge, the more you can envision, and the more you can envision, the higher you are. We mean, the closer you are to making all your dreams come true.

Go Analog

Someone still gets old-school magazines, and that someone is usually having a yard sale. Get yourself a collection of magazines, newspapers, catalogs, and other paper ephemera (photo booth strips, greeting cards, your own doodles), and start snipping. Let your high brain guide you—yes, even if it wants to cut out a super burrito with green sauce (so. happy. making.).

Go Digital

Every image you've ever wanted (and, frankly, didn't want) is available online, making envisioning effortless. Use Pinterest to collect, curate, and display your digital "pins" and create a vision board that forever lives on all your digital platforms. Want to get hyperfocused on one area of your life? FoodGawker helps all your culinary dreams come true; Hometalk will help you dream up your ideal space. No one's created an image-sharing app devoted to weed, but that doesn't mean you can't create a Pinterest board to display each and every beautiful strain you hope to smoke.

Pro Tip

Focus on tangibles like relationships, career, home, travel, and personal growth (spirituality, social life, education), or go full-on feelings and think about the emotions you want more of in your life: joy, connection, creativity, passion, and contentment.

#49: Herbs for Health

Herb gardens are dope. And yes, we mean both kinds of herbs. Jorge Cervantes will help you nurture your little sensimilla seedlings later, but we're here to get you growing the greens that are rich in antioxidants, not cannabinoids. And since we're talking about using our favorite green to promote productivity, we might as well discuss some of the less psychotropic (but no less worthy) greens that also help with getting your flow on. You can add these industrious herbs to any recipe, but why not

throw a pinch into your bhang (see “Head to Bollywood”) or cannabutter (see “Make It Savory”) and make your edible *extra* extra.

We here at cannabis central do want to remind you that none of these claims can be confirmed by the Food and Drug Administration, but just like the legalization of weed, we’re sure the FDA’s endorsement can’t be far behind.

Your Home-Grown Productivity Patch:

- **Ginger:** for confidence
- **Rosemary:** to improve memory
- **Peppermint:** for energy
- **Lavender:** to relieve stress and anxiety
- **Sage:** for alertness and cognitive function
- **Catnip:** to stop procrastination (for you, not your cat; really, it’s a thing)

243,700

The number of jobs supported by legal cannabis as of January 2020 according to Leafly’s annual Cannabis Jobs Report. That’s 33,700 jobs more than the previous year, a 15 percent increase, making legal cannabis the fastest-growing industry in America.

Grow Your Own

by Jorge Cervantes

Are you like me, a lifelong gardener enamored with cannabis? Or are you a cannabis lover who is new to gardening? Growing quality cannabis is more difficult than growing tomatoes. Start by checking out the cultivation tips below. Next, study a reputable grow guide and hit the YouTube videos. Above all, avoid advice from armchair experts, and check your state's laws about at-home growing.

1. Unpollinated female cannabis plants produce high levels of cannabinoids including mind-bending THC and no-high CBD. Undesirable male plants are culled; they pollinate females and produce minimal cannabinoids. If growing from seed, purchase “feminized” cultivars that produce no males. Grow “clones”—small female-only plants with rooted branch tips. Find seeds and clones at legal cannabis dispensaries.
2. Grow in your backyard, patio, or terrace, if possible. Mother Nature supplies all the sunlight and fresh air necessary. Soil in a garden bed is much easier to manage than plants in a pot. Sun-grown cannabis costs less time and money to cultivate than when grown indoors or in a greenhouse.
3. A greenhouse protects plants from harsh weather and extends growing seasons. A small greenhouse is economical and easy to set up.
4. Growing indoors requires a dedicated area, bright grow light, circulation and ventilation fans, store-bought growing medium,

containers, clean water, a thermometer/hygrometer, timer, and scientific measuring meters. A detailed plan and budget are essential for success. Go slow and get it right: mistakes are easy to make and often difficult to correct indoors.

5. Allow yourself enough time to care for your garden. Cannabis requires regular maintenance: irrigation, fertilization, disease and pest control, and more. Missing critical events guarantees a diminished harvest.

Jorge Cervantes is a legend in the cannabis growing world and author of many books, including the Cannabis Encyclopedia and Marijuana Horticulture (known as “The Bible” of cannabis growing).

#50: The Cannabis Chronicles

You know the routine. You're at the dispensary trying to remember the strain you bought two visits ago. Was it Pineapple Express? Cherry Pie? Wedding Cake? It was some kind of dessert-themed flower. And how about that edible a friend handed you last weekend? You loved that. Was it a gummy? Or maybe some kind of lozenge? It's enough to confound even a sober person.

If the right strain of cannabis can help keep us productive (and we know it can; here's to you, Seth Rogen), it stands to reason that keeping our Bubba Kush and our OG Kush straight is important. No one wants to be couch locked when they meant to microdose. So be industrious and use our template to keep track of all your earthly delights. Copy it yourself, or download our template at joyofcannabis.org.

Seth Rogen: "I smoke weed all day, every day of my life."

Stephen Colbert: "Have you ever performed [high] ... acted?"

Rogen: "For the last twenty years, exclusively."

Colbert: "So any movie we see you in, there's a fairly good chance you're high."

Rogen: "There's a 100 percent chance."

—Seth Rogen, possibly the most prodigious high actor in history, talking to Stephen Colbert on *The Late Show*

DATE: 4/20/22

STRAIN: Wedding Cake

GROWER/MANUFACTURER: lolo

DISPENSARY: Harborside

CIRCLE ONE:

Flower

Concentrate

Tincture

Edible

CIRCLE ONE:

Sativa

Indica

Hybrid

THC %: 23.09%

CBD %: 0.06%

NOTES: a relaxing body high with slight euphoria.
Munchies inducing. Long-lasting high (about 3 hours)
that transitioned nicely into sleep.

RATING-1-5:



Cooking



Cannabis Cuisine

You love food. You love cannabis. Now imagine a world in which cannabis could be delivered *via* food. If your head hasn't exploded, it's likely because you've visited a dispensary and seen the cornucopia of edibles available for purchase. We're fans of dispensary edibles—precise doses and shelf-stable products for the win—but think of what a productive superstar you'll be when you pull that tray of freshly baked, precisely measured, THC-rich chocolate chip cookies out of the oven?

FIELD NOTES

We asked the experts in the field to give us all the tips you need for becoming a cannabis master chef.

Go Slow

"The best advice I can give anyone looking to cook with cannabis is to clean your bud before you start working with it, know your flower's potency, and figure out your per-serving dosing beforehand."

—**Jeff Danzer** has been dubbed the "Julia Child of Weed" by *The Daily Beast*, and is the author of *The 420 Gourmet*:

The Art of Elevated Cannabis Cuisine

“Whether you’re cooking or bartending with cannabis, I like to apply the Thai food principle: don’t use too much heat, or in this case, weed.”

—**Warren Bobrow**, aka the Cocktail Whisperer, and the author of six books, including *Cannabis Cocktails, Mocktails, and Tonics*

“Don’t overdo it. Keep doses low. Less is more; if people get too high, they may be turned off and not get the benefits of this amazing plant.”

—**Laurie Wolf** is the founder of Laurie + MaryJane

Sugar and Spice

“I believe strongly in the creation of infused foodstuff without the use of refined sugars; if cannabis is used to lower inflammation but then combined with refined sugar, which inevitably elevates our inflammation, the net result of the cannabis is zero.”

—**Jordan Wagman** is a James Beard–nominated chef, bestselling author of three cookbooks, and cannabis visionary celebrated for his intimate cannabis-infused dinners

“One tip that has served me well is to think of cannabis as a spice: season with intention. Cannabis can be citrusy, piney, cheesy, even garlicky. Give your flower a good smell. If it smells good to you, it will very likely taste good as well. Experiment with flavors that complement and balance the cannabis profile.”

—**Stephanie Hua** is the founder and chief confectioner of Mellows, cannabis-infused marshmallows handcrafted in San Francisco, and author of *Edibles: Small Bites for the Modern Cannabis Kitchen*

There’s an App(liance) for That

“Building a cannabis pantry with a variety of cannabis-infused items will allow you to create many recipes with items you already have on hand. There are several counter-top devices that allow the home cook and even professional chef to infuse a range of pantry staples. Among several things that can easily be infused with full-spectrum cannabis are extra virgin olive oil, grape-seed oil, sesame seed oil, avocado oil, rice wine vinegar, red wine vinegar, cider vinegar, balsamic vinegar, vanilla extract, maple syrup, agave nectar, and honey. I’ve tested almost every machine on the market for infusing cannabis into products and find the MB2e botanical extractor from Magical Butter allows me to accurately infuse all the products I like.”

—**Chef Sebastian Carosi** is an award-winning, short-order cannabis revolutionary who has been cooking with cannabis since the early '90s

How to Host a Cannabis Dinner Party

by Chef Robyn Griggs Lawrence

Hosting a cannabis dinner is a lot like teaching a yoga class. You're responsible for every person's well-being and experience—from understanding their physical limitations and apprehensions to curating a playlist that keeps them motivated, relaxed, and flowing. When you do it right, the meal is finely orchestrated to open people's minds and senses and connect them with their dinner partners, the food's tastes and aromas, and the finer notes of everything. Everyone blossoms, blissed and blessed. Below is a sample menu that will have your guests leaving happier than they came.

- Nonalcoholic Mango Mules with CBD
- Seared Crab Cakes with Golden Goat-Grilled Corn Relish
- Spinach Salad with Warm Bacon-Blue Dream Dressing
- Coq au Vin with Lamb's Bread Sourdough Toast and Mashed Potatoes
- Bread Pudding with Canna-Coconut Cream and Maple Glaze

I find it's best to infuse sauces, dressings, and sides so people can serve themselves based on their tolerance levels and experience. Full recipes available at joyofcannabis.org.

Robyn Griggs Lawrence teaches people to safely prepare and consume cannabis through her company, Cannabis Kitchen Events, and her books,

including The Cannabis Kitchen Cookbook *and* Pot in Pans: A History of Eating Cannabis.

Pot and Pans

by Mollie Katzen

You may know me as a cook. Very true. I am also an aficionado of cannabis. Yet I don't like to use it as an ingredient in my recipes. Rather, from time to time, I prefer to cook under its influence. I occasionally vape it—just a touch—with my little Firefly² and then get creative in the kitchen.

I've found that cooking on cannabis confers a sense of patience in the kitchen I might not otherwise access. When I teach a cooking class for four-year-olds, they are consistently proudest of the patience required to wait for their pizzas to bake. I realize, from observing them, that this kind of composure is key to the full enjoyment of this or any process.

My favorite interactions with cannabis are the tending and observation that come through growing. When I do grow, it's just a few cannabis plants in the outdoors: sunlight, with prayers against Berkeley's excess fog. I grow for my friends and for myself. To me, the ultimate high is the sharing.

I also grow because I love the horticulture of it. Also, the relationship with the plant. I learn from the plant itself, not from books or guidelines. I nurture the plants with all the intuitive clichés: water, light, attention. Love. These are all true and structural things, not simply filigree.

Cannabis teaches you how to manage the attachment to growing it. It has taught me to accept plant problems, pest invasion—every angle of loss—and to bless it all, even in the sad retreat that inevitably becomes part of the mix.

The blessings extend to the sticky hands that are the byproduct of discarding the rotted parts due to an overabundance of fog. I bless it too, as it is the one source of necessary moisture in times of drought. It is part of

the process. The slightly rotted buds that you collect and cure anyway because no one is looking over your shoulder telling you not to is part of the process. And, best of all, the healthy plant with the full tendril-laced flowers eagerly waiting to show you worlds is part of the process.

Growing one's own is a full circle-of-life situation, replete with beautiful concentric curves. The weathering of loss is a skill, a practice. Cannabis is a teacher of that. Practice, patience, process.

Cannabis is also seasoning. A seasoning for *you*: the person, cook, eater, thinker, caregiver, mystery seeker, insight hunter. It helps you understand that mystery and insight can be jointly pursued, that they are not opposing ideologies. Oppositions shift and everything realigns.

Hold that thought. Set the table. Enjoy the meal.

Mollie Katzen has been named as one of the “Five Women Who Changed the Way We Eat” by Health Magazine and is the author of more than a dozen cookbooks, including the Moosewood Cookbook. With four million books in print, she is one of the bestselling cookbook authors of all-time.

ACTIVITIES

#51: Let's Begin: Decarboxylate to Activate

by Pat Newton

Decarboxylation is the process of activating the cannabinoids in your cannabis, making them psychoactive and providing that happy high we're often after. It's the building block of any budding cannabis cook's education, and the two main factors are heat and time.

A raw cannabis bud that one would break up to roll and smoke is in a state of acidity. Putting fire to the joint ignites the cannabis, which then begins the conversion to activate the cannabinoids. But when we want to cook with cannabis to extract its powerful components, we need to first decarboxylate the cannabis.

The cherry of a joint burns at temperatures of up to 1,000°F. This achieves the desired results very quickly. However, cannabinoids will begin to vaporize at much lower temperatures. Using the oven to decarboxylate your cannabis is one of the more rudimentary methods of accomplishing this conversion.

There are lots of ways to decarboxylate, but the easiest one is to first grind or chop your bud into small pieces. Then spread it on a cookie sheet and cook at 220°F for about twenty minutes. You'll know it's done when the cannabis starts turning from green to light brown.

*Chef **Pat Newton** is the founder of Munchy Brothers, a cannabis company specializing in cannabis-infused ingredients to simplify the DIY edible-making process.*

#52: Make It Sweet

You remember anandamide, that endocannabinoid that's similar in makeup to THC and is named for the blissful feelings it generates? Guess what else contains anandamide? Chocolate. And what better way to double your bliss than infusing some chocolatey goodness with that other bliss-producing cannabinoid, THC. Below, chef Pat Newton shares his favorite recipe for making cannabis-infused chocolates.

27.5

Percent increase in the edibles market from 2018 to 2019.

Cannabis Chocolate

Prep: 10 minutes-ish

Cook: 2 hours 30 minutes

Total Time: 2 hours 40 minutes

Yield: Depends on molds, but approximately six 1-ounce squares

Ingredients

230 grams or 1 cup cocoa butter

4 grams decarboxylated cannabis

1 teaspoon vanilla extract

¼ cup maple syrup or honey

1 cup cocoa powder

¼ teaspoon pink Himalayan salt

Supplies

Double boiler (or make your own with a pot and metal bowl)

Cheesecloth or strainer

Measuring cup with pourable spout

Silicone spatula

Wire whisk

Silicone molds

Directions

Melt the cocoa butter in the top of a double boiler. You can make your own double boiler by placing a metal bowl over a pot of gently

boiling water. Make sure the water isn't touching the bowl, just the steam.

Add the decarboxylated cannabis. Steep the bud in the cocoa butter for one hour.

Strain the cocoa butter through cheesecloth or strainer into the measuring cup.

Add vanilla, maple syrup, cocoa powder, and salt to the measuring cup. Whisk well until there are no lumps. Give it a taste to make sure the mixture is to your liking. You can add more maple syrup or honey if you like it sweeter.

Pour the chocolate mixture into desired silicone molds.

Refrigerate for a few hours to harden.

#53: Make It Savory

by Chef Harold Dieterle

It was after shoulder surgery to relieve an impingement that I first turned to THC, along with CBD. The combination of these two cannabinoids helped relieve the pain and inflammation—and also brought me a calm and focus that had eluded me most of my life.

Having used both alcohol and cannabis, I am one of many who find it simply insane and deeply hypocritical that alcohol has been an accepted part of polite society for decades while cannabis has been relegated to the black market. Once you accept cannabis as a gift from nature, the same way we accept fruits, vegetables, flowers, and other holistic medications, a whole new world of how and when to use cannabis opens up.

For me and many chefs, the vast category known as “edibles” is the most appealing means of availing ourselves of the nurturing properties of cannabis. Edibles don’t just mean the gummies or chocolates you might make or buy at a dispensary; they also encompass baked goods and savory cooking. There are many ways to incorporate cannabis into cooking, but one of the easiest is infusing your butter, which can then be used in mashed potatoes, baked goods, and any other recipe in which you would use butter.

*Chef **Harold Dieterle** is the winner of the first season of Top Chef. He has owned three restaurants in NYC: Perilla, Kin Shop, and The Marrow.*

Cannabutter

Prep: 5 minutes

Cook: 3 hours

Total Time: 3 hours 5 minutes

Yield: 1 cup

Ingredients

1 cup of butter (or coconut butter)

1 cup (7 to 10 grams) of decarboxylated cannabis

1 teaspoon liquid lecithin (optional)

Supplies

Double boiler (or make your own with a pot and metal bowl)

Cheesecloth or strainer

Directions

Heat the butter and decarboxylated cannabis in the top of a double boiler over a very low flame for two and a half hours. You can make your own double boiler by placing a metal bowl over a pot of gently boiling water. Make sure the water isn't touching the bowl, just the steam.

Strain the flower particles from the fat infusion by pouring through the cheesecloth or strainer.

If you like, you can stir in 1 teaspoon of liquid lecithin to help the mixture emulsify. This helps avoid potency spikes and ensure even dosing across each batch.



Does This Person Get High?



FAMOUS PERSON	GETS HIGH	DOESN'T GET HIGH	OWNS A CANNABRAND
DR. RUTH WESTHEIMER	✓		
PATRICK STEWART	✓		
ANNE HATHAWAY	✓		
STEVE JOBS	✓		
SETH ROGEN	✓		✓
OPRAH WINFREY	✓		
PINK	✓		
LEBRON JAMES	✓		
WOODY HARRELSON	✓		✓
MAYA ANGELOU	✓		
MARGARET CHO	✓		✓
MORGAN FREEMAN	✓		
RUSH LIMBAUGH	✓		
CARL SAGAN	✓		
MARTHA STEWART	✓		✓
MELISSA ETHERIDGE	✓		✓



FAMOUS PERSON	GETS HIGH	DOESN'T GET HIGH	OWNS A CANNABRAND
BILL GATES	✓		
DANNY DEVITO	✓		
SANJAY GUPTA	✓		
PRINCE HARRY	✓		
SARAH PALIN	✓		
NICK JONAS	✓		
KAREEM ABDUL-JABBAR	✓		
CHELSEA HANDLER	✓		✓
BARACK OBAMA	✓		
ROBERT MITCHUM	✓		
THE BEATLES	✓		
MARILYN MONROE	✓		
WHOOPI GOLDBERG			✓
YOUR GRANDMA*		✓	

* We actually have no idea if your grandma gets high, but there's one way to find out. See "Stoning the Elders" on page 112.



Creativity



We're of the opinion that defining creativity is kind of like the Supreme Court defining obscenity: "I know it when I see it," Justice Potter Stewart famously said when ruling on what's protected under freedom of speech (unfun fact: obscenity is *not* protected). Unlike those uptight judges, we've rarely met a creative pursuit we didn't approve of. Whether your creative self feels most at home belting out a rousing rendition of "I Will Survive" at karaoke night, composing poems on the hazards of Tinder, or just adding a well-placed sprig of parsley to your mac and cheese, we say, get down with your creative self. Creativity adds meaning and beauty to life, and we think the world's big enough for both Michelangelo's *David* and *The Real Housewives of Atlanta*. With that in mind, we ask you to not only embrace your creative self but allow cannabis to times it by ten.

What exactly is creativity? Tough question. Philosophers have been trying to define creativity for thousands of years. At its core, creativity is the ability to produce original ideas. And scientists are finally beginning to understand where those original ideas come from (shocker...it's the brain). So why is it so hard to access those ideas? Anyone who's sat down to write an intro on using cannabis for creativity will know what we're talking about. Finding and harnessing that spark of an idea doesn't come easily. But we have good news. And that news is cannabis.

It will come as a surprise to no one that many great artists love the herb and use it to get into a creative zone. You'll find a number of quotes in the following pages on the wonders of weed and creativity, but we think Kid Cudi sums it up best when he says, "Struggle is the enemy, but weed is the remedy." That's right, weed is the remedy, because it stimulates blood flow to the brain's prefrontal cortex, making this area more active and sparking creativity output in two ways.

First, the prefrontal cortex is where divergent thinking develops. Divergent thinking is that out-of-the-box, free-flowing thinking that your boss is always asking for. It helps you problem solve in original and spontaneous ways, which is really just another way of saying divergent thinking sparks creativity. One type of divergent thinking cannabis is particularly good at stoking is hyperpriming. Hyperpriming occurs when unusual connections are made between items that are only loosely related. A 2010 study revealed that levels of hyperpriming were higher in regular cannabis users even when they weren't high and were *significantly* higher when they were...high.

Second, the ancient flower also activates the *nucleus accumbens*, the area of the brain that correlates with increased creativity and an area of the brain that releases dopamine (that feel-good chemical). The prefrontal cortex regulates this release of dopamine, encouraging you to feel better about what you're creating. And when you *feel* better, you *do* better.

Cannabis is a creative maximizer because it activates areas of the prefrontal cortex, but it also brings a creative boost because it deactivates others. One of the biggest inhibitors to creative thinking is our judgment of our creative thoughts. As we know, cannabis deactivates the dorsolateral prefrontal cortex, the area of the brain that is connected to inhibition and self-censorship. In other words: Mary Jane suppresses your inner Judge Judy and lets you focus on your truly world-changing—no, universe-shifting—original ideas.

We won't say that *all* your ideas are worthy of a MacArthur genius award, but you only need one! And you don't have to be the next Langston Hughes to want your ode to OG Kush (or Purple Haze or Sour Diesel or Durban Poison) to be lit. So stoke those creative fires with a little literal fire and try out the following activities. We'll look for your magnum opus on the shelf next to ours.

FIELD QUOTES

See what we did there? *Field Quotes*. Why explain a bunch of stuff we learned along the way when we could let the creative geniuses speak for themselves? Take it away, high creatives!

"When I'm high...there's less of a veil, so to speak. So if ever I need some clarity...or a quantum leap in terms of writing something, it's a quick way for me to get to it."

—**Alanis Morissette**

"Smoking just helps to free my mind, slow my thoughts down, and think about everything not only in a more poetic way but in a more creative way in general."

—**Wiz Khalifa**

"Marijuana can be like a loving partner to your creativity; a muse and inspiration and a help in many ways."

—**Sebastián Marincolo**

"Music and herb go together."

—**Bob Marley**

"Unquestionably, this drug is very useful to the artist, activating trains of association that would otherwise be inaccessible, and I owe many of the scenes in *Naked Lunch* directly to the use of cannabis."

—**William Burroughs**

“Stoners usually have genius ideas; we just never do anything with them.”

—**Sarah Silverman**

“We’re not sure we write our best jokes while stoned, but we enjoy the process much more. We’re less rigid writers. We think more abstractly... We believe cannabis allows us to connect to our thoughts on a deeper level... Cannabis facilitates the process better than any other substance we depend on to cope with existence.”

—**The Lucas Brothers**

ACTIVITIES

#54: Dank Dream Journal

We're speaking highly anecdotally, but we've never slept better since introducing a cannabis tincture into our bedtime routine. Sleep is the answer to so many of life's questions and is vital to a healthy, creative brain. In a study led by psychiatrist Sara Mednick, people who experience REM sleep (the time during a snooze in which dreams are most vivid) performed better on creativity-oriented word problems. Paying attention to those dreams can boost your creativity even more. Science tells us that the subconscious mind creates dreams to work out life's problems, so paying attention to your dreams can reveal where you may be stuck and ways to get unstuck. That said, there is some evidence that cannabis interferes with REM sleep, so you dream less, but there can also be a rebound effect. After not partaking for a few days, people are flooded with dreams, dreams ripe for journaling.

Here's how to give your creative flow a kick start even before your morning coffee (or cannabis) kicks in: keep a journal and pen right next to your bed so you can get to recording as soon as you wake up. Write down your dreams in as much detail as possible (the color of the socks you were wearing when you showed up naked for your high school history final might be important). Rinse, repeat, and see what patterns emerge.

Microdosing: Go with the Flow

Microdosing, or taking small amounts of cannabis, is an increasingly popular method of taking in the benefits of THC for focus and flow while minimizing the psychoactive effects that higher doses cause in some users. “Microdosing cannabis in doses under 5 milligrams of THC can help unlock creativity by boosting activity in an area of the brain called the frontal lobe,” said Dr. Michele Ross, a neuroscientist and author of the book *Vitamin Weed*. A trusted edible or tincture brand is the best way to control the dosage (this is not the time for home-baked pot brownies). A common recommendation is to start with 2.5 milligrams, taken every few hours. Maintain that level for approximately three days and then increase as desired. “Stick to small amounts of sativa candies, gummies, or tinctures,” said Dr. Ross. “The effect should be to keep your brain energized and flowing instead of relaxed and quiet.” When in doubt, let these five words be your microdosing mantra: *start low and go slow*.

#55: Letter to Yourself

Your high self has some very important information it needs to convey to your sober self, not limited to but including that idea for a dope podcast on the merits of various snack foods. Cannabis can bring clarity to problems our conscious minds sometimes prefer to just ignore, so allow the THC to work its magic and see if you can do some looking inward. Cannabis is, after all, an *entheogen*—a substance that produces changes in cognition and consciousness for religious or spiritual purpose—and what’s more spiritual than having a good heart-to-heart with your authentic self? If this all sounds like the far-out ramblings of a stoned person, remember that journaling keeps our thoughts organized and our heads clear, and one approach to journaling is to write a letter to your future self. That may mean your future sober self who’s just a few hours away or the self that’s still getting high on their eightieth birthday.

Asking yourself a series of questions about your values, relationships, hopes, and dreams is an excellent exercise in self-reflection. And getting these thoughts down and reading them later offers both a reality check and an opportunity to ask questions like: Am I becoming the person I wanted to be? Did I maintain and grow the relationships in my life that were most important? Was that snack podcast really such a good idea? Don't forget to sign and date.

#56: Doodle a Day

Those chicken scratches on notebooks and napkins, also known as doodles, offer more than meets the eye. Doodling can help relieve boredom (that's why it's so popular in classrooms everywhere) and decrease frustration (so don't stop your kid from scribbling because you think she's ignoring you). In a delightful TED Talk that has more than 1.5 million views, Sunni Brown, author of *The Doodle Revolution*, explains how doodling and creative thinking can improve our comprehension and problem-solving skills and help us focus on the present. It doesn't matter what you draw, but if you need inspiration, try putting two divergent things together (divergent thinking helps with divergent thinking!): a chicken and boba tea, a sock and the night sky, a sticky bud and a personal pan pizza. Now go double down on doodling by drawing with a doobie and unlock the artist within.

#57: DIY Delivery System

We love maker culture because it gives your brain and body a challenge that's playful, not problematic. Why not combine your desire for DIY with an opportunity to hack your way into new smoking devices? With more blood being pumped to the prefrontal cortex, your divergent thinking will be on point so you can troubleshoot when your homemade bowl isn't perfectly symmetrical or not care because...slowed dorsolateral prefrontal cortex!

Below you'll find directions on how to turn items lying around your house into weed delivery systems (and, for goodness' sake, don't miss the snow bong).

Apple

Granny Smith? Pink Lady? Honeycrisp? We're not gonna advise on the varietal (although there's something groovy about using a Cosmic Crisp). All you need is an apple, a knife, and a chopstick (or screwdriver). First, pull out the stem of the apple. Then, scoop out a bit at the top of the apple to make your bowl. For the mouthpiece, use your chopstick or screwdriver to push a hole, horizontally, all the way through the middle of the apple. Then, using your knife, poke a few holes through the bowl, making sure they go through to the horizontal chamber you previously made. Now you've got a bowl, a carb, and a mouthpiece! Pack it and pair with some cannabis rich in caramel notes for the perfect combo.

Soda Can

Ah, the old soda can pipe. It's simple, it's effective, and you'll be walking in the shoes of millions of industrious stoners before you. Grab a can and press into one side to create an indent for your bowl. Poke holes into the indent with a needle or other pin-like object. To smoke, pack your cannabis into your indented bowl, bring your mouth to the can as if you were drinking out of it horizontally, light up, and inhale. Use this one in moderation, because there are minor concerns about the metal and paint on the can being harmful to ingest (unlike the cannabis, which is currently doing amazing things for your brain and body).

Two-Liter Bottle

Let's make a gravity bong! Start with an empty plastic two-liter bottle. Remove the cap and cover the top with foil. Use a toothpick to poke holes into the foil to make your bowl. Next, cut the bottom of the bottle off (an X-

Acto knife is great for slicing around the bottom circumference of the bottle). Congratulations, you made a bong!

Now, to use it, you'll need a waterproof container that's wider than the bottle (a dishwashing tub or even a sink with a working stopper work great). Fill the container with water until it's almost full. Next, plunge your newly constructed bong into the water. Pack a bowl, and as you light the weed, slowly lift the bottle up until it's almost out of the water. Next, remove the foil and put your mouth on the bottle. Inhale while pushing the bottle down. Rinse and repeat!

Pack of Starburst

It's sticky. It's messy. It's clearly invented by stoners. Unwrap all twelve Starburst and stack ten of them. Use the warmth of your hands to mold them into a pipe-like object. Stab a skewer through the stack and wiggle to create a chamber. Now lay your stacked Starburst horizontally and place the two unused Starburst on top of one end to form your bowl. Poke your skewer through the bowl to the chamber, then mold the bowl. If you're finding your medium tough to work in, heat the Starburst for a few seconds in the microwave and then shape. Now load a nug and smoke that fake fruit.

#58: Selfie Scavenger Hunt

A scavenger hunt pairs perfectly with what cannabis offers your brain: increased awareness; decreased self-consciousness; a boost of creativity; and activation of the basal ganglia where motor control, executive function, and *feeeelings* happen. In other words, move your mind and move your body with this new take on an old favorite. In the good ole days, we had to walk uphill, both ways, and actually collect our assigned items, but in this world of modern miracles, we have devices in our pockets that will keep track of what we've scavenged. Let the alphabet work as an organizing principle and challenge you and your friends to go through the alphabet and

take a selfie with something that corresponds with each letter. A is for apple. B is for barista. C is for cannabis.

Helpful Hints

- Set a one-hour time limit, and then reconvene to see who made it through all twenty-six letters.
- Want to go analog? Polaroid cameras are fun and come with their own creative challenges (i.e., no screen to make sure everyone's in the pic).
- Using a X-ing sign for that intimidating X is totally allowed.

#59: Animal Stories

Interacting with animals decreases anxiety and depression. Guess what else decreases anxiety and depression? We'll give you a hint. It makes you hella creative and laugh like a hyena, which is a perfect combination for reporting on the antics of the local dog population. You've played people stories, but have you played animal stories? Grab a friend, go to the local dog park or other public dog-infested space, and narrate those canine capers. Give each of the dogs a name. Watch Gulliver sidle up to Ms. Bananas. Gossip about their illicit affair. Now channel Ilana and Abby from *Broad City* (two of our favorite stoners) and figure out what kind of dog you'd be. Abby's choice? A slim pug, and Ilana? We'll let her speak for herself: "I'd be a three-legged mutt because I'd be, like, a highly respected minority, and I'd be all the dogs' fetishes." Now it's your turn.

#60: Kid Krafts

We've given you a host of ways to channel your inner child (see "Play with Kids"; "Be a Kid Again"), but there's a special place in our hearts for kid crafts. Kids are great artists because they don't self-censor, they follow their

impulses, and they have fun while they do it. But inhabiting that space for the post-ten-year-old crowd can be a bit harder, which is why you need a little help from our friend cannabis. Creativity is associated with the brain's frontal lobe, and as cannabis intake increases, so does blood flow to this area. With all those creative juices flowing, you're welcome to channel your inner Picasso and create a great masterpiece, but we're going to direct you to these simple art projects we all mastered in elementary school. Just don't eat the paste.

Scratch Art

Completely fill a piece of paper with thick, brightly colored crayon patterns. Now color over those same designs with a black crayon. You're going to want to go hard so the primary colors aren't peeking through. Next, take a paperclip or toothpick and scratch out your design. May we suggest some psychedelic paisleys and a magic mushroom?

Chalk It Up

The options are endless with a six-pack of sidewalk chalk: hopscotch, tic-tac-toe, inspirational sayings. We recommend lying down and having someone trace your body. Then add a fabulous outfit. Or recreate a crime scene.

Slime Time

What you need: 1 cup white glue, 1 teaspoon baking soda, 2 teaspoons contact lens solution, food coloring (if you want to be fancy). Put it all in a bowl. Mix. For fluffy slime, add a cup of shaving cream. Indulge your sensory-seeking self.

100

Percent of movies Seth Rogen filmed while high.

#61: High Shark Tank

“I have the *best* idea!” said everyone at some point while high. Now, we recognize that *maybe* 70 percent of those high ideas may not be as extraordinary when you’re not under the influence, but that still leaves 30 percent that are genius (you’re reading this book right now, aren’t you?). And why wouldn’t your ideas flow better under the creative influence of cannabis? In fact, this is the very same kind of thinking that got us thinking, and what did it get us thinking about? High Shark Tank.

Here’s how it works:

1. Appoint one person as the “shark” (or judge), and have everyone else break down into groups.
2. Each group takes ten minutes to brainstorm a new product, company, or notion. To get that creative divergent thinking going, think about a need you have that isn’t being met. Small annoyances always make good fodder. Stubbing your toe every night when you head to the bathroom? Headlight slippers! A delivery service that only delivers seafood caught within the last two hours? The World Is Your Oyster, Inc. Now get your two-minute pitch ready.
3. Reconvene and have each team pitch the shark.
4. Realize that at some point, one of the pitches will be an idea that already exists. So when a team comes up with, “It’s a single pot where you can cook everything! We call it Big Pot,” just smile. Have a heart (they’re high after all); you don’t want to be the party pooper who brings everyone down by noting the Instant Pot is a two-billion-dollar business.
5. The shark declares winners in a range of categories of their creation. We suggest:
 1. Best Idea
 2. Worst Idea

3. Best Idea That Definitely Is Only Best Because We're High

Pro Tips

- Have all players agree that if any of the ideas actually come to fruition, the new CEO will gift the others a \$100 gift card to a local dispensary or .001 percent of the company's value (whichever is higher).
- Assign the person who is Most Able to Type All Ideas Into a Google Doc the job of documenting all ideas for posterity and/or future profit.

#62: The Funnies

The mediums have changed, but the message stays the same: the cartoons are the best part of any newspaper. As a kid, you may have gobbled up the funny pages inside your local paper, but now the funny pages thrive online. We're not saying you need cannabis to make *Calvin and Hobbes* funny (just watch any nine-year-old transfixed by the boy and his snarky tiger). But add cannabis—which stimulates blood flow to the right frontal and left temporal lobes of the (adult!) brain, causing laughter—and what's funny just got funnier. Since cannabis also kicks your creativity into high gear, why not really take the comics to the far side of funny and rewrite the captions? When you're ready to step it up, try your hand at the Cartoon Caption Contest in *The New Yorker*. The rules say you must be “thirteen or older,” but they say nothing about disqualifying you for having an unfair advantage because you're hella high. Go to newyorker.com/humor to enter.

#63: The Joy of Six

A six-word memoir is a story of you in exactly—you guessed it—six words. Your six-word story may be about one aspect of your life (“Clawed my way

out of Tennessee.”), a broader picture of who you are (“My life made my therapist laugh.”), or a life motto (“If Beyoncé says it, do it!”). It’s also a great way to forge a deeper—and often unexpected—connection with your friends. But if trying to condense your life into six words gives you performance anxiety, have we got a plant for you. As you very well know by now, cannabis decreases inhibitions, lowers anxiety, and gives your brain the signal that everything is juuuust fiiiine. Which is exactly the state you want to be in when you tell everyone, “Ex-wife and contractor now have house.” Have your friends share their six-word memoirs, or level up and turn it into a fun (and informative!) game. Here’s how to play:

1. Have everyone write down three six-word memoirs, fold each one up, and place them in a pile.
2. Take turns picking and reading anonymously. Whose memoir is “Superpower: big feelings. Kryptonite: big feelings.” and “Big hair. Big heart. Big hurry.”? (Spoiler alert...they’re ours.)

The person with the most correct answers wins. Go down the six-word rabbit hole at sixwordmemoirs.com.

#64: Fun with Accents

Dream journals, maker projects, imaginative crafts—we’ve offered you so many edifying ways to be creative. And when you’re done with all those enriching activities, it’s time to do something completely ridiculous. It’s time to have an accent competition. That’s right, *mon cherie*, let the power of the pot help you forget how silly you’re about to sound (thanks, slowed dorsolateral prefrontal cortex!) and instead focus on the fun. After all, your mouth deserves a chance to get creative too. So choose an accent, practice your pronunciation, then tell the academy to get ready, because there’s a new Meryl Streep in town.

Her Royal Highness

Loosen your Rs, elongate your vowels, and start saying the H in herb. Ask your partner, “How do you do?” Use some dated vocabulary (“Pip pip, cheerio!”). Refer to yourself in the singular (“One should smoke the herb now.”). Perhaps (puh-haps) you can play some chess while you’re at it—be sure to protect your royalty.

Crocodile Dundee

While a British accent elongates vowels and drops the Rs at the ends of words, the Australian accent also warps the vowel sounds. Try saying “no” like you’re trying to say “Nore” but skimp out on the R at the end. Or try saying “I”—but pronounce the long vowel as “Oi.” Soon, you’ll be able to say, “I know how to throw shrimp on the bahbee.” But say “prawns.” No *real* Australian uses the word “shrimp.”

Valley Girl Circa 1987

Okay, like, this accent is definitely, like, one of the most fun of all of them? Liberally sprinkle in the “likes” as you might salt your pasta water, and try to end all your sentences as though they’re questions? Don’t be afraid of words that end in -ly: totally, seriously, or literally—go big, even when you’re totally not literally dying, but it seriously feels like you are. Add it all together, and you, like, definitely got it?

Epic Scottish Hero

Turn your Us into “oohs” so, “We could pull the hood off,” becomes “We coohd poohl the hoohd off.” Add some “ayes” and “wee bonny lassies,” and you’ll already be more authentic than Mel Gibson in *Braveheart*.

Yoda

In English, we order sentences like subject–verb–object. You (subject) practice (verb) accents (object). In Yoda-speak, however, the object comes first, then subject, then verb. Accents, you practice, hmm? Same goes for

adjectives. “Your accent is spot-on,” becomes “Spot-on, your accent is.”
Gotten the hang of it, you have, hmm? Fear, you will not. Got this, you do.
Either way: do or do not. There is no try.

“I learned new postures and developed new dreams. From a natural
stiffness, I melted into a grinning tolerance. Walking on the streets became
a high adventure, eating my mother’s huge dinners, and opulent
entertainment, and playing with my son was side-cracking hilarity. For the
first time, life amused me.”

—**Maya Angelou**, on cannabis

Fab 5 Freddy Talks Cannabis and Creativity

by Fred Brathwaite, Fab 5 Freddy

To my knowledge, cannabis and creativity have always been synonymous. Significant artists in every genre I've encountered have felt very comfortable using the powers of the plant for the creative process. Now, it's not that cannabis itself *makes* you creative, but it can get you to the flow state—the creative flow state—that enhances creativity.

Cannabis is very personal to me. My dad was a part of the 1950s jazz scene and, like so many of his friends, was a cannabis aficionado. His friends were some of the smartest people I knew: an open and diverse group of cutting-edge jazz musicians and creatives, including my godfather, the legendary jazz musician Max Roach.

Growing up deeply embedded in this creative mix of musicians inspired me as a teen. Eventually, I became a player in the early days of hip-hop, introducing Snoop Dogg and Cypress Hill and others in the scene to a national television audience on the show I hosted, *Yo! MTV Raps*. These guys were big proponents and advocates of cannabis. And so, when I was thinking about making my film, *Grass Is Greener*, I realized a great way to tell the story about this plant in America was through its connection to America's music. From the jazz scene in the 1920s with Louis Armstrong calling cannabis “an assistant and a friend” to hip-hop acts like Snoop Dogg, who said, “It makes me feel the way I need to feel,” musicians in every genre of popular music have been cannabis aficionados.

Cannabis has been part of all my creative endeavors: making art, making and being a fan of music, and making film. The power of the cannabis plant

has been integral to my mental and physical health as well as a critical assist to my creative flow state.

Fred Brathwaite, aka ***Fab 5 Freddy***, is an American visual artist, filmmaker, and hip-hop pioneer. He was the first host of the groundbreaking hip-hop music video show, Yo! MTV Raps, and his documentary on the history of cannabis, Grass Is Greener, can be found on Netflix.



Joy



Cannabis shrinks cancer cells, helps control epilepsy, reduces anxiety, and is the best anti-nausea medication on the market. But if we're honest, its number one selling point for the cannabis-curious person is that it makes you fantastically, extraordinarily, unbelievably happy. And a lot of us agree. According to a 2018 study, more than 122 million people in the United States have tried cannabis, which is almost half the adult population. The fastest-growing crop in the world is the ultimate joy maker, and you don't need a book to tell you that. Still, we were delighted to do the research on why this happy plant has you grinning like a maniacal monkey because... shhh...we also got to do the "research." And what we learned after hundreds (and hundreds) of hours of investigation was that we could have easily titled this book *Joy*...well, we guess we kind of did.

There's a reason the endocannabinoid that most closely resembles THC is called anandamide (aka "bliss"), and that reason is that cannabis makes everything blissful, even the stuff that didn't start out that way. With that in mind, we direct your attention to a host of activities designed to make the ordinary extraordinary and the mundane miraculous.

How does cannabis turn the routine remarkable, the uninspiring, well... inspiring? You may be tempted to give all the credit to that happy hormone, dopamine (we were), but the most recent research shows that although cannabis consumption *does* produce an increase in dopamine, it's nowhere

near enough to get you grinning like said monkey. Same goes for serotonin, our other mood-boosting neurochemical friend. THC does produce an increase of serotonin, but it's no morphine drip. Instead, think of weed's effect on dopamine and serotonin like a 2.5-milligram THC gummy. It will get you feeling good, but not the goooooood that comes from a dab of 80 percent THC live resin. For that effect, we need to look to how THC reacts when introduced to our endocannabinoid system.

As you may remember, we already have a lean, mean, happy-making machine within us, and it's called the endocannabinoid system. Both endocannabinoids (the ones made inside your body) and phytocannabinoids (the ones grown in the ground) bind to two lucky receptors (CB1 and CB2, if you want to be formal) to produce a variety of effects depending on where the receptors are located and which cannabinoid is doing the binding. If it's THC cozying up to the CB1 receptors in the brain, the effect is complete and total happiness. This is because THC resembles another cannabinoid naturally produced in our brains—the bliss neurochemical, anandamide. Anandamide's main job is to enhance your mood; thanks, anandamide! And yet it's not going to pack the euphoric punch THC does. For that, you need the one and only THC. Its chemical makeup is the reason you turn into that jubilantly joyful monkey, and it's the (main) reason for this here book.

But THC's job isn't only to bind to the CB1 receptors. It also has some pretty cool side hustles, mainly to s l o w your brain down—not so great for driving, very great for laughing. One of the parts of the brain THC targets is the amygdala. Its job? To trigger fight or flight. A slowed fight-or-flight response doesn't recognize stimuli as quickly, so what you're encountering (say, your dog cocking his head at just the right angle) suddenly seems new (and hilarious), which our brains love. Novelty is, after all, the great parent of pleasure (or so claim a bunch of memes on the internet). Add a slowed dorsolateral prefrontal cortex (the area of the brain responsible for self-

censorship and inhibition), and you've suddenly got a brain that sees the world in new ways that it might not have allowed itself to see before. And that, THC-loving friends, brings joy, happiness, bliss, and maniacal monkey grins.

FIELD NOTES

Gross National Happiness: The Bhutanese government uses the Gross National Happiness index to measure the collective happiness of its people, which is why it's not surprising that cannabis grows like, well, a weed in Bhutan. In fact, cannabis is so prolific that it's fed to pigs (what better way to fatten your porkers than with some munchie-inducing flower?). But while those Bhutanese pigs are flying high, its people are not. Human consumption of cannabis is still illegal. Way to harsh your gross national mellow, Bhutan.

Smoke the Rainbow: Cannabis plants, like all plants that go through photosynthesis to produce energy, have chlorophyll, which makes them look green. As a cannabis plant matures, it produces less chlorophyll and more of a family of flavonoids called *anthocyanins*, which contain colorful pigments, including purples, reds, and blues. Word on the street is that the purple stuff is the kine bud, but the street is wrong. A purple-hued plant has likely been exposed to cold temperature and is thus prone to produce less THC.

In Case of Armageddon, Weed's Got You: Imagine a secret doomsday seed vault where backup seeds for all of humanity's crops are stockpiled. No, this isn't the beginning of some apocalyptic thriller, it's the Svalbard Global Seed Vault, a seed storage facility that's designed as the ultimate insurance policy for the world's food supply. Also, its weed supply. The vault safeguards more than 21,000 cannabis

seeds, so after the zombies are eradicated, you'll still be able to get your high on.

ACTIVITIES

#65: The Secret Life of Pets

Doggies! Kitties! Red-eyed crocodile skinks! The animal kingdom is delightful, but it's even more weird and wonderful when you're high. We don't recommend going out and befriending the neighborhood squirrels (although we do recommend googling squirrel obstacle courses for some *hilarious* hijinks). Instead, we encourage you to turn on, tune in, and drop down to the level of the domesticated creatures in your life.

The THC in cannabis binds to the endocannabinoid receptors in our brains, creating that mind-expanding experience that causes us to find the things we love even more joyous and lovable. Pair this with our knowledge that petting a furry animal for even ten minutes significantly reduces cortisol levels (no research yet on caressing a skink), and it stands to reason that cannabis will help the whole animal kingdom (that includes you) reach all new levels of mellow. Now, try these two activities for more beastie fun.

Cannabis with Your Canine

Why not share the pleasures of cannabis with your pooch? We're not talking about passing Rover the roach but rather introducing your canine to CBD. While there are no conclusive studies that dogs get the same benefits of CBD as humans—anti-inflammatory properties, anti-nausea effects, appetite stimulation, and anxiety reduction—there's plenty of anecdotal evidence. In fact, *Dog Naturally* magazine reports that veterinarians are

finding that CBD can be useful in treating acute ailments like sprains and strains, torn ligaments, and bone breaks and even reducing swelling, pain, and stiffness during postoperative care. Dr. Jerry Klein, chief veterinary officer at the American Kennel Club, agrees that CBD seems safe for canines because it doesn't contain THC, the psychoactive compound we humans love.

But be warned: if you decide to join your animal companion and imbibe your own cannabis, you might want to go with edibles if you've got a pocket-sized pet. Just like humans, the smaller the being, the more sensitive it is to cannabis, making it possible for them to get high off the secondhand smoke. Also, make sure you lock up those delicious gummies. The last thing you need is to call animal poison control and ask, hypothetically, how much THC your sixty-five-pound dog can ingest without toxicity.

Settle in at a Cat Café

Were the owners of the world's first-known cat café—the Cat Flower Garden in Taipei, Taiwan—high when they came up with the idea of a café in which cats frolic freely? We must assume so. Since its opening in 1998, many more cat cafés have opened around the world. According to Meowaround.com (yes, it's a thing), there are 117 cat cafés in the United States with names like Crumbs & Whispers (Washington, DC), Crooked Tail Café (Greensboro, North Carolina), and KitTea (San Francisco, California). The cats provide companionship for the cat-less, and some cafés have partnerships with local animal shelters, so you can even adopt a cat you take a fancy to. And while reports are that the cats are generally well-behaved, stoners hunkering down to a piece of cake (caaaaake, see “Cake and Bake”) should be warned: cats love frosting, so guard your baked goods.

#66: Hot High Hygge

You know *hygge* (pronounced *hue-guh*; see “Fun with Accents” for more professional accent tips); it’s the Danish concept of getting cozy. Think fireplaces, blankets, hot beverages, and simple pleasures. In other words, there’s nothing that pairs more perfectly with the cozy *hygge* lifestyle than the cannabis high lifestyle. *Hygge* is all about relaxation. And what binds to our CB1 receptors and mimics the neurochemical 2-AG by slowing the connections between the amygdala and the frontal cortex, reducing anxiety and promoting relaxation (not to mention activating the neurotransmitter dopamine to modulate stress and control mood)? That’s right, cannabis. We think you can handle the fire making (perhaps do this before you light up?) and blanket gathering, but we’re here to help with the snuggly hot liquids portion of your evening.

Anyone can dump a pack of hot cocoa into a mug and call it *hygge*, but to appreciate the full *hygge* experience, you need *high* *hygge*, brought to you by the following cannabis-infused hot toddies. All the following beverages require cannamilk, which you can’t find at your local Whole Foods (one day, Jeff Bezos?), so for now, you’re going to have to make your own.

Cannamilk

Prep: 15 minutes-ish

Cook: 2 hours-ish

Total Time: 2½ hours-ish

Yield: 2 cups

Ingredients

4 to 7 grams decarboxylated cannabis (the more the hy[gg]ier)

2 cups whole milk

Supplies

Double boiler (or make your own with a pot and metal bowl)

Cheesecloth

Directions

Gather and tie up your decarboxylated cannabis in a piece of cheesecloth to make a bud bundle.

Heat the milk in the top of a double boiler (make your own by placing a metal bowl over a pot of gently boiling water). Be careful that the milk doesn't come to a boil. Ideally use a cooking thermometer and aim for around 150°F.

Add the bud bundle, and cook on medium heat for about one and a half hours, stirring frequently (about every 10 minutes).

Remove your bud bundle, pour cannamilk into two mugs, and don't forget to turn off the stove (we're here to help).

For each drink, stir the following ingredients into each warm mug of cannamilk. For less potency, dilute your cannamilk with regular milk.

Classic Hot Cocoa

- 1 tablespoon unsweetened cocoa
- 1 tablespoon sugar
- 2 ounces melted semisweet chocolate

Gingerbread Latte

- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 1 tablespoon sugar
- 1 tablespoon molasses

Chai Latte

- 1 black tea bag
- 1 tablespoon sugar
- 1 generous pinch cinnamon
- 1 generous pinch ground ginger
- 1 generous pinch ground cardamom
- 1 pinch ground cloves

Bourbon White Hot Chocolate

- 2 ounces melted white chocolate
- 1 teaspoon vanilla
- 1 to 2 tablespoons (or more; we know our audience) bourbon

#67: Be a Kid Again

Kids know how to make fun anywhere, but grown-ups often need a little help recapturing their inner child. Let your weed serve as a Wayback Machine and remember the little pleasures of life's littles. After all, just like with kids, adult play (and no, we don't mean *that* kind) stimulates the release of endorphins. Endorphins activate the opioid receptors in your brain that generate feelings of euphoria. You know what else activates receptors in your brain that generate feelings of euphoria? See the bottom of this page for answer.

In other words, for a double dose of euphoria, try the following activities, and make the tingles of revisiting your youth even tinglier.

Answer: THC

Kid in a Candy Store

Go to a fully stocked candy store and investigate the weird and wonderful evolution of confections. Give black licorice another try, figure out what an Abba-Zaba is, revisit FunDip—it's a food! It's a utensil! Fun fact: dry mouth can make fizzy candy fizz out, so maybe skip the Zotz.

Raid the Arcade

Go to an old-timey arcade and do the rounds. The retro arcade games may be your jam, but may we direct your attention to the star of the show—skee-ball! Gold medal moment: give your winning tickets to the little kid who's come up short at the prize counter and watch a face light up.

Take a Swing

Your vestibular and proprioception systems (the systems that control balance and equilibrium) love to play with gravity. Visit your local park and

experiment with ups and downs. Have a partner? Spider swing: face each other, one person sitting on the other's lap, and let your brain work out how to share the pumping.

High for the Holidays

A conversation with Rabbi Amichai Lau-Lavie

Do religion and reefer go together? Hell, yes. We're not talking about ditching Hebrew school or sneaking out during the pastor's sermon to light up with your friends. That's kid stuff. But for adults looking to rekindle or strengthen their connection to their faith, the right strain of flower can be a godsend.

Cannabis is, after all, an entheogen—a plant-based substance that produces changes in cognition and consciousness for religious or spiritual purpose. And like so much in the book of cannabis, this ancient herb's place in religion goes way back. In the Torah, there are several mentions of a substance called *kaneh bosesem*, aka cannabis, referred to as among the ritual offerings Moses is instructed to give God.

We talked to Amichai Lau-Lavie, a New York City-based rabbi and founder of StorahTelling, a nonprofit organization devoted to making ancient stories and traditions accessible for new generations, about why cannabis and spirituality go together like matzah and charosets. "Cannabis was part of the ancient Hebrew 'spice set' among the other types of incense and herbs in the tabernacle," he said. "Our ancestors understood that to move from doing business, reading the news, or talking to your kid to a more spiritual mindset, we need to turn off the more linear part of our brain and turn on other nonlinear parts." There are different ways to do this. Meditation and dancing are one; using THC is another.

Lau-Lavie recalled being at a Jewish retreat back when he was a budding young scholar. Toward the end of the retreat, one of the leaders (a well-known and respected rabbi) invited the group out for a spliff. Lau-Lavie was delighted and took the opportunity to ask the rabbi where Jewish law stood on getting high. “The rabbi said something to me that I never forgot, something instructive in so many parts of life, not just the high life,” Lau-Lavie recalled. “He told me that when it comes to cannabis, you need to know who’s the master and who’s the servant. Use it if you can handle it and feel good. If it takes over your life, it just won’t work for you.”

It works for Lau-Lavie, who believes in the power of cannabis to harness the divine. “I’ve had some very powerful and important spiritual awakenings on weed,” said Lau-Lavie. “I’m grateful for when I said yes and grateful when I needed to say no.” And to that, we say amen.

122 million

The number of people in the United States who have tried cannabis—almost half the adult population.

#68: Just Say Yes

Our adult brains are great at saying “No!” or at least thinking, *I probably shouldn’t*. Cannabis, of course, can decrease inhibition, and decreased inhibition can loosen the grip of no and turn it into yes. Take that yes and keep saying it. All day. Donuts for breakfast, lunch, and dinner? *Yes!* Eight hours of *Among Us/Animal Crossing/Candy Crush*? *Yes!* Naps after every meal? *Yes!* Meals after meals? *Yes!* We encourage you to dig into your own indulgent desires. Below are a few tips for making the best of yes.

- **Schedule smartly:** Any day you're ready to say yes works, but we recommend picking a day that's ideal for your decadent desires. National Yes Day is December 19, but we prefer to save it for a summer day when there's less going on and more chances to say yes to the great outdoors (cannabis and beaches and ice cream, anyone?).
- **Be safe and legal:** If you have a copilot, make sure you agree that anyone can say no to a request that doesn't feel safe personally or is, you know, against the law.
- **Go for broke:** Try Yes Day with a child. Division of labor: the kid picks all the things to see, do, play, and eat; you pick a day that's ideal for your schedule. Then say yes! All that affirmation has real benefits. Parents who've braved a Yes Day report a new connectedness with the small creatures who are so used to hearing "No!"

#69: Wake and Bake

Some days, there's nothing joyful about waking up. For those days, there's cannabis. Your body is pretty good at manufacturing the necessary endocannabinoids (*endo* meaning within) to keep you in a state of mental homeostasis, but some mornings, you need a phytocannabinoid (*phyto* meaning plant) to help it out. After all, naturally occurring anandamide might be a THC-*like* molecule, but THC it is not. So forget all that nonsense about self-care requiring mind and body discipline, and take a day to care for yourself with repeated doses of dank weed. And if you're gonna wake and bake like a stoner, why not go full-on pothead and indulge in four pillars of stoner delight: food, movies, music, and sex.

It should go without saying that if you're still reaching for that pipe on morning 147, there may be better mental health options than waking and baking, but for the occasional case of the blahs, we highly recommend the 420 treatment plan. May we suggest April 20 for this activity?

#70: Cake and Bake

Caaaaaaaake. That's all. Just cake. Pick one (or more) of the following options.

Option A

Ice Cream Cake: two great foods that taste great together. Our faves in order of increasing greatness:

Dairy Queen

Baskin Robbins

Carvel

Option B

Grocery Store Sheet Cake: possible inscriptions?

“You’re a big deal, so here’s a cake.”

“Eat cake because it’s somebody’s birthday”

“Happy Birthday, Marge”

Option C

Jeni’s Splendid Ice Cream, Goopy Butter Cake

Option D

Wedding Cake: sure, spend a bunch of money and order one of these beauties, or just google “Wedding Cake cannabis near me” and indulge in Wedding Cake, one of our all-time favorite strains. Enjoy a side of laughter with your cake by checking out these hilariously sad attempts at cake decorating: [cakewrecks.com](https://www.cakewrecks.com).

#71: Experience the World from Your Couch

The world is full of wonders, and we want nothing more than for you to go out and experience them all. But sometimes life gets in the way—pandemics, no vacation time, the cost of an all-inclusive trip to Fiji. Fear

not. The interwebs have you covered, and we don't mean watching your ex's recent trip to Tuscany on Instagram. We know the internet can be a black hole of suck, but let us (and weed) help you rethink your relationship with the World Wide Web, because when our favorite cannabinoid, THC, binds to those CB1 receptors in your brain, these virtual experiences may seem even more marvelous than the real thing. Well, at least it will feel that way for approximately 120 minutes.

Virtual Museums

The Neon Museum: neonmuseum.org

The online home of Las Vegas's legendary Neon Museum is a kaleidoscope of sites and signs from the 1930s till now. Its 360-degree virtual Neon Boneyard tour is a binge for the eyes with none of the hangover.

Mutter Museum: muttermuseum.org

Human skull collections. Drawers and drawers of fingernails. Einstein's brain. No, you're not in a David Lynch film, you're in the Mutter Museum. No trip to Philly is complete without it, but if you can't make it to one of the nation's weirdest museums, check out its online exhibit, *Memento Mütter*, which promises to get you "uncomfortably close" to images of lobotomies, prosthetic limbs, and other things you definitely should not try at home. We're pretty sure this is close enough.

The Museum of Broken Relationships: brokenships.com

Those feelings that can arrive after the THC hits your system can be intense. And if your high head reminds you of a broken heart, head to the Museum of Broken Relationships (which has brick-and-mortar outposts in Zagreb, Croatia, and Los Angeles). Each item in the museum's collection is memorabilia from someone's relationship, along with a story from the

contributors. Go down the rabbit hole of others' love and heartbreak, and maybe even be moved to share your own. You may surprise yourself and find a little catharsis with your cannabis.

#72: All Creatures Great and Small

Need some wonder and awe in your life? Us too. And lucky for us, animals always abide. The macaw is a beautiful creature even without the mind-expanding help of THC, but add cannabis to your next trip to the Everglades, and suddenly you just can't help but smile at that crocodile. Still, you may not be making that trip anytime soon, so we're here to offer both IRL and virtual journeys into the animal kingdom. Either way, we recommend you get higher sooner rather than later, gator.

Go Analog

There are lots of places to see animals in a controlled environment. Zoos? A little overwhelming on 10 milligrams of THC. Animal shelters? The risk of taking home all the puppies is just too high when you're in the deeply empathetic state cannabis enables. Our surprising pick for a high animal adventure? Your local pet store. Most no longer sell dogs and cats (thanks ASPCA!), but have you tried looking into the black beady eyes of the zebra finch and having a real heart-to-heart? How about pondering whether those guppies have consciousness? Go ahead and squeeze those stuffed toys and wonder why you didn't invent Pill Pockets. Now buy some treats and make fast friends with all the clientele.

Go Digital

Now *this* virtual experience might be even better than the real thing. Wild animals! Close up! Doing animal things! There are a ton of live animal cams out there, but here are our top four.

- Brooks Falls, Alaska Brown Bears Cam: grizzlies catching their salmon dinner!
- Atlanta Zoo's Panda Cam: omgomgomg, pandas!
- Warrior Canine Connection: see inside the whelping room of this nonprofit that trains service dogs!
- The Monterey Aquarium's Jelly Cam: not to be missed! (but get *reeeeally* high first)

#73: Tourist in Your Own Town

Sensory perceptions are heightened with cannabis thanks to the miracle of THC, that lovely chemical that also gives cannabis its classification as psychoactive (mind-altering) and hallucinogenic (we quibble with this one, DEA, but sure, there's got to be those out there who have seen the face of God). That's why a little weed can go a long way in helping you look at the world differently. We kind of hope this whole book is one long activity to help you look at the world differently, but for this one, we're encouraging you to see your literal world in a new, lit way.

There are so many roads to travel high, but we like the ones where no one high is doing the driving. So decrease the stress and double the pleasure of the place you live (or one you visit often) by hopping on one of those double decker tour buses we see so often but rarely climb aboard. You'll gain a new perspective on your own town, pick up a few fun facts, and in a wide-eyed, uninhibited state, maybe make some new friends from Peoria along the way.

Fun Fact

Cannabis-themed city bus tours featuring dance parties, cannabis cooking lessons, and stops at local dispensaries and growing facilities are popping up in states where cannabis is legal.

High Five: Mind-Expanding Outdoor Adventures for Your High Self

by Libby Cooper

Libby Cooper, a weed and design expert who lives in Hawaii, and spends most of her time in the ocean and immersed in nature, shares her top five outdoor adventures.

Banzai Pipeline, North Shore, Oahu, Hawaii, winter season only

The North Shore of Oahu is beautiful year round, but the magic of the waves turning on in the winter months creates an energetic buzz that even nonsurfers can get behind! The surf season lasts from October through April, and there's nothing better than getting high off a racy sativa and going to watch the pro surfers drop into barrels at the highest performance wave in the world. The best waves at Pipe roll through in November and December if you want to really maximize your experience.

Mount Tamalpais, Marin County, California, in the spring

It's hard to beat hiking the trails of Mount Tamalpais when the rolling hills of this Northern California gem are green and speckled with wildflowers. The best is packing a picnic with a loved one and heading to this pristine coastline with a joint in hand. Make sure to mind your ash, no matter what time of year it is, because California is prone to wildfires.

Ciutat Vella, the Old Town of Barcelona

Barcelona is incredibly liberal when it comes to cannabis, so take advantage of the culture and enjoy a relaxed afternoon immersing yourself in Gothic

stone architecture while stoned. A highlight of this gorgeous part of the city is the amazing food, including organic, vegan, and gluten-free restaurants so you will have tons of things to satisfy those munchies.

Caribbean Sea, Whale Shark diving, Cancun, Mexico

It's hard to imagine a more impressive experience than encountering a whale shark in person. The whale shark is the largest known fish, with the biggest confirmed at 18.8 meters long! To swim with these beauties, you have to boat many miles out into the Caribbean Sea. Think about it: not only does getting high enhance your dive experience, but it will also help with the sea sickness.

Royal Botanic Gardens, Kew, London, England

Kew Gardens houses the largest and most diverse botanical and mycological collections in the world and is conveniently located off a Tube line in London. Being high is known to increase your five senses and what better way to feast your eyes and nose on flora and fauna from across the globe. My favorite is the Palm House with its humidity and multilevel viewing platforms to see the plants even from the top of the canopy.

Libby Cooper is the cofounder and CEO of the premium cannabis brand Space Coyote, based in California.

#74: Drive-In: The Platinum Experience

Cannabis and the silver screen are old friends. And really, if you don't like to get high and go to the movies...do you really like to get high? Movies and weed go together for a host of reasons, but one such reason has to do with your slowed high brain. A slowed amygdala takes just a touch longer to process what you're seeing and hearing, which means you'll probably turn to your pals more than once during a flick to say, "Wait...what happened?" But it can also mean that what you're seeing and hearing suddenly seems altogether new, so even if this is the twelfth time you've seen *Dazed and Confused*, everything old will seem new again. And everything new will seem better, funnier, and more delightful.

It's hard to beat a midnight showing of *The Big Lebowski* for the gold medal of movies and weed, but we'd like to offer you the platinum experience: come with us to the drive-in and follow our plan for taking things a little higher.

The Basics

A sober driver and (ideally) a minivan. If you don't have a minivan, invite a friend who has one and buy their ticket. Or, if you must, smoosh into your Mini Cooper and imagine you and the rest of your hepcats are stuffed in a phone booth for a real cool bash, Daddy-O.

Pregame

- Get the car washed. You'll see the flick better, and if you've got pals piled into your mobile unit, you want to make it nice.
- Are your seats removable? If so, take them out and throw in some soft pillows and blankets for maximum coziness.

- Get there early and grab a good spot. As the saying goes, don't be *behind* the minivan, be *in* the minivan.

Deliverables

While smoking cannabis is not everyone's preferred intake system, we recommend a pipe or a travel-sized bong for this activity. Allow the delicious Forbidden Candy, a strain known for its euphoric effects, to flow through your car and create a hotbox of happiness. This would be a good time for your sober driver to investigate more snacks.

Edibles (the other kind)

The right food is vital for this magical environment you've created. Be a baller and create a snack tray for every person in your crew by doing a little recon and preparing each tray to each person's desires—Reese's Pieces for some, Skittles for others. But everyone should indulge in some truffle popcorn and Junior Mints. The truffle oil and chocolate found in these two concessions contain anandamide, the mood-enhancing bliss hormone. And you can't be in too good of a mood, can you?

Postgame

Hop to a late-night donut shop. That one spot in your town that's open late will greet you like the heroes you are.

What to Eat to Enhance Your High

- Mangoes contain myrcene terpenes, which will hitch a ride on the terpenes already in your system to make your high stronger and longer.
- Nuts are high in Omega-3 fatty acids, which bind to cannabinoids and help the THC move through the blood brain barrier faster. Especially helpful with those sometimes slow-to-set-in edibles.

- Broccoli contains high levels of the terpene beta-caryophyllene, which has been shown to help relieve anxiety, a sometimes side effect of high THC strains.
- The low-level alcohol content in beer will keep you on your feet while still widening your blood vessels, which causes THC to be absorbed faster.

#75: The Fab Five

Cannabis stimulates the hunger hormone, *ghrelin*, alerting you that it's time to eat (and occasionally leading to a night arm deep in the potato chips). But it also encourages our friend THC to bind to the receptors in our brain's olfactory bulbs, making food just taste better. That's why even the Honey Nut Cheerio dust you managed to funnel into your mouth tastes like the nectar of the gods. We're sure you have your fave stoner snacks (see "Munchie Madness" to see how your tastes line up with other cannabis connoisseurs), but why not take advantage of your uninhibited high self and explore something new? Since cannabis lowers your inhibitions and self-censorship, you may find yourself more open to that anchovy pizza.

We're betting you don't normally try to balance all five basic tastes when you're feeling munchie, which is why we've included an activity suggesting you really should. The five basic tastes—sweet, bitter, sour, salty, and umami—result from a chemical reaction that occurs when food interacts with your taste receptors, those 10,000 taste buds that line your tongue. Taste buds are sensory organs and cannabis is the queen (remember, all the best buds are female) of sensory amplification, so it makes sense that eating feels particularly orgasmic when high, providing a perfect opportunity to explore taste profiles you might not ordinarily choose.

Here you'll find our suggested tasting menu. We recommend picking one from each column and giving yourself permission to be deliciously decadent.

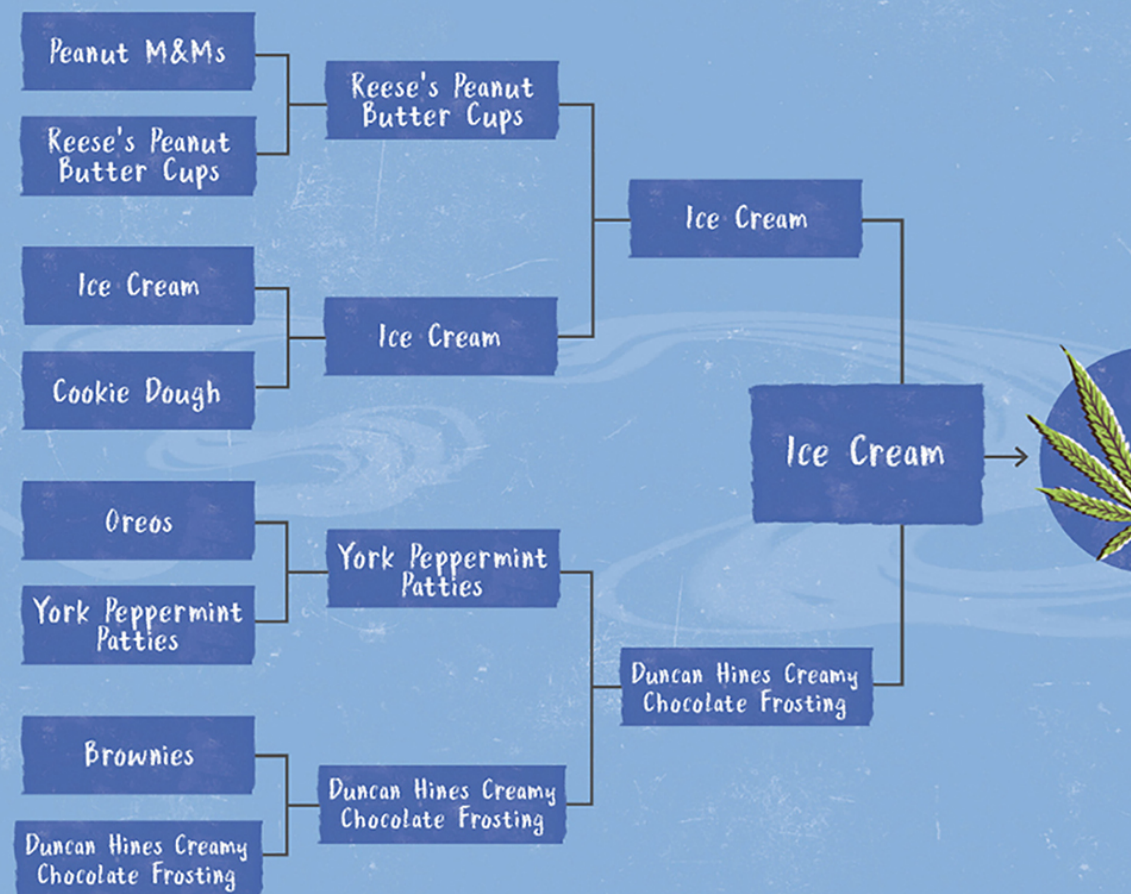
The Fab Five

SWEET	BITTER	SOUR	SALTY	UMAMI
Cinnamon Toast Crunch Cereal	80% Cacao Dark Chocolate	Kosher Dill Pickles	Loaded Nachos	Truffle Fries
Strawberries and Whipped Cream	Peanut Butter and Marmalade Sandwich	Warheads Extreme Sour Candy	Bake and Serve Dinner Rolls with Salted Butter	Straight up Parmesan
Ben & Jerry's Half Baked Ice Cream	Candied Lemon Peel	Hot Dog with Sauerkraut	Mozzarella Sticks	Ramen (with MSG)
Haribo Star Mix (all the gummies!)	Pulparindo Tamarind Candy	Salt and Vinegar Potato Chips	Chinese Takeout	Shrimp Chips
Trader Joe's Chocolate Babka	Matcha Horchata	Marie Callender's Frozen Key Lime Pie	Pizza (duh)	Black Olives (eaten off fingertips)

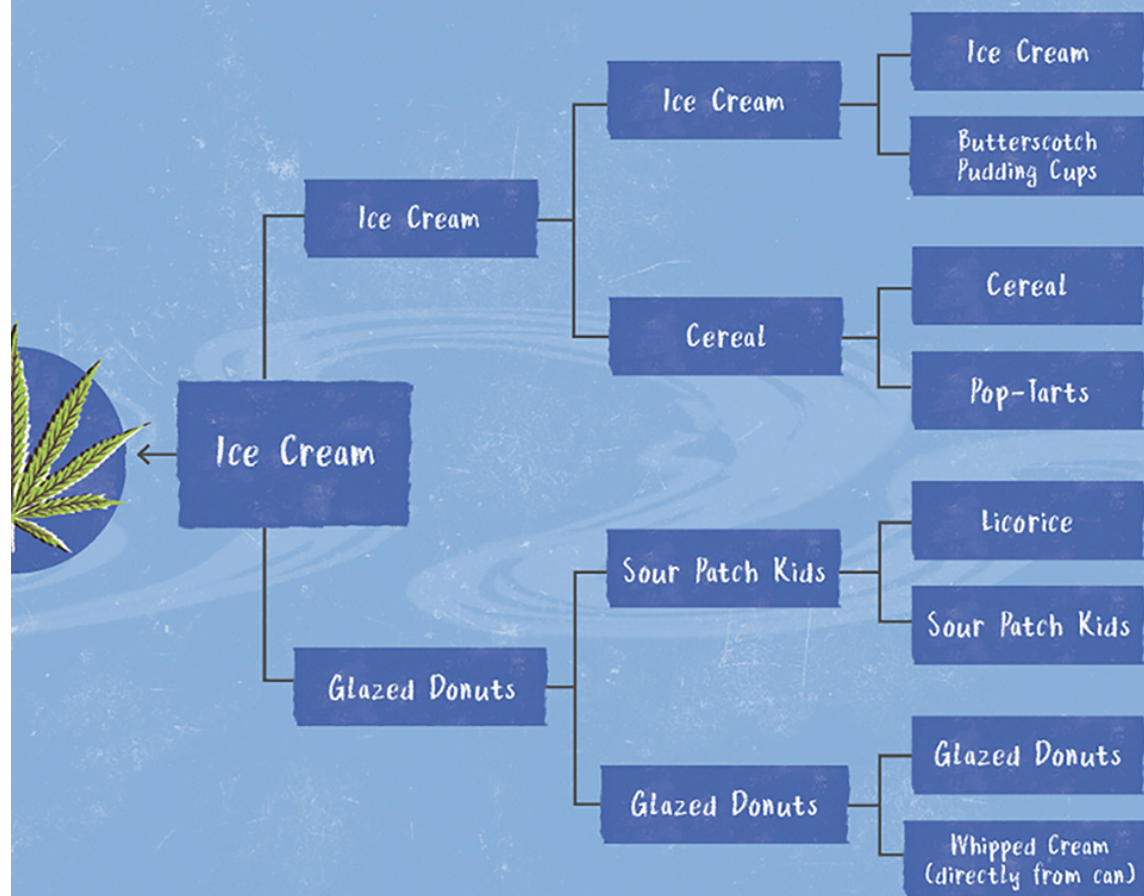
MUNCHIE MADNESS!

We've taken one for the team and tallied the results

CONFERENCE: **SWEET** DIVISION: **CHOCOLATE**

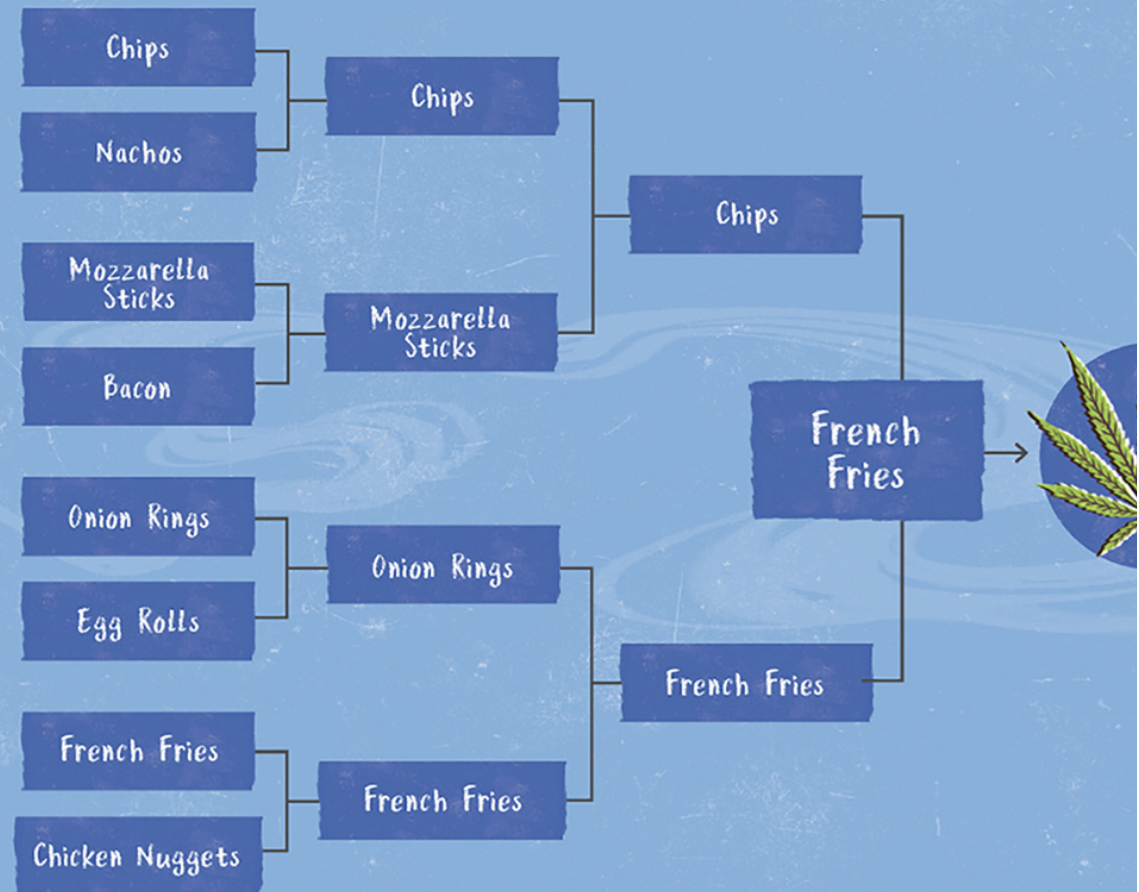


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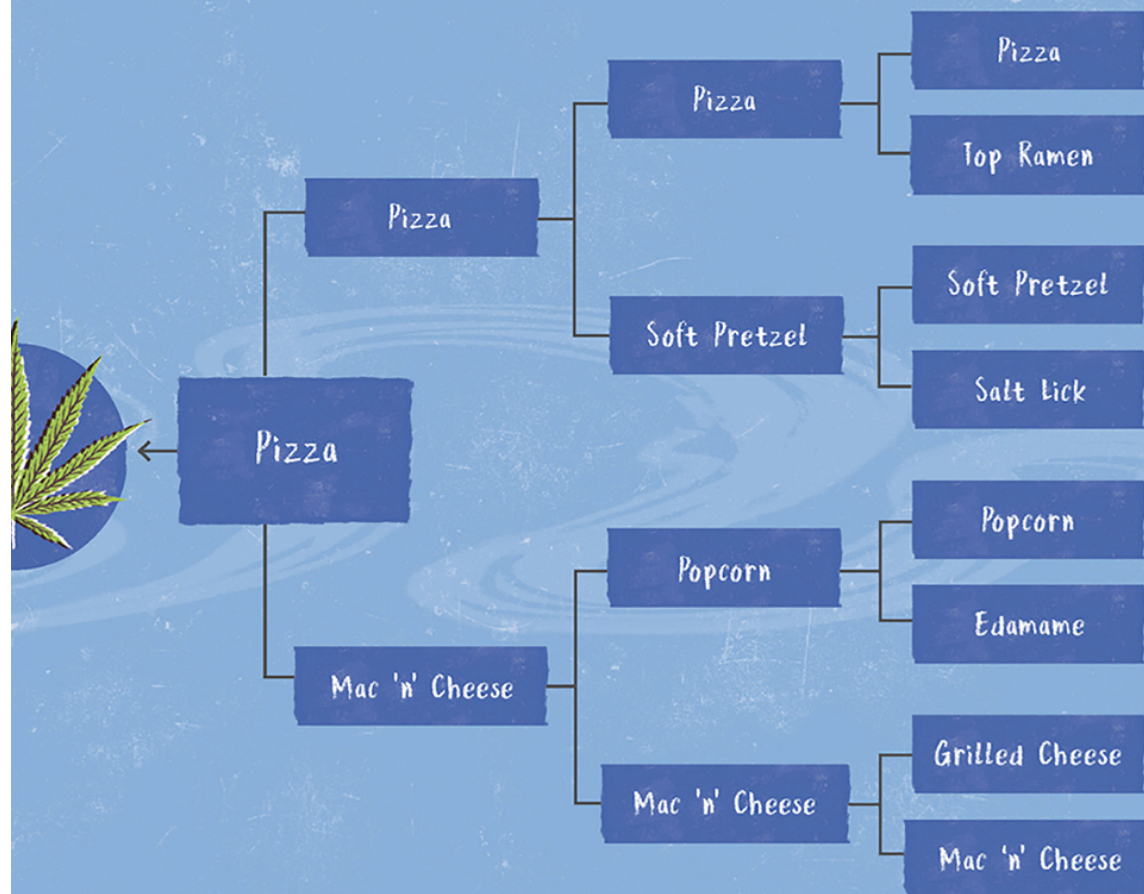
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DIVISION: **FRIED**

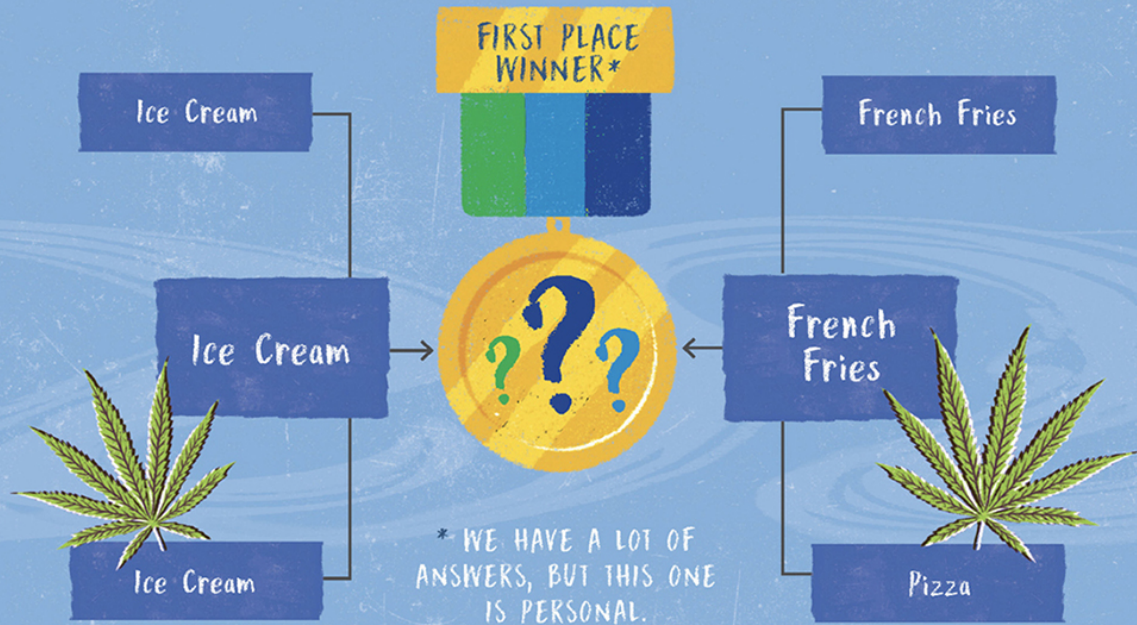


CONFERENCE: **SAVORY**

DIVISION: **NOT FRIED**



FINAL MATCH



Download our blank bracket form and create your own Munchie Madness challenge at joyofcannabis.org—it's the ultimate high party game.

Acknowledgments

Two authors who love their topic are a great start to a book about cannabis, but we're not blowing smoke when we say we couldn't have done it without the inspiration and support of the following people, places, and things.

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And to the kids, Leela, Bean, and Lukas: your still-developing brains blow our minds each and every day. But until those brains are fully formed, we say: be cool, stay in school.

Glossary

Amygdala: The almond-shaped core of the neural system that processes emotions, most notably fear. (Boo!)

Anandamide: An endocannabinoid named after the Sanskrit word for bliss, *ananda*. Anandamide closely resembles the cannabinoid THC and is best known for enhancing mood.

Automatic Semantic Priming: A concept—kind of a heady one—that basically means that when you encounter one concept, it makes related concepts more accessible.

Basal Ganglia: An area of the brain that affects motor learning, executive function, and emotions.

Cannabidiol/CBD: Cannabidiol, or CBD, is the second most abundant cannabinoid found in cannabis. It's nonpsychoactive and has been shown to be useful in relieving stress and promoting sleep.

Cannabinoids: Chemical compounds found in cannabis and also produced by the human body. Both endocannabinoids (produced within the body) and phytocannabinoids (produced in cannabis) interact with the endocannabinoid system with a range of effects.

Cannabinoid Receptor 1/CB1: Receptors in the endocannabinoid system, which bind with endocannabinoids and phytocannabinoids. These receptors are most abundant in the brain and are the lock to THC's key.

Cannabinoid Receptor 2/CB2: Receptors in the endocannabinoid system, which bind with endocannabinoids and phytocannabinoids. These receptors are found mostly in the immune system.

Cannabinol/CBN: The cannabinoid created when THC ages. Researchers are looking at ways it acts as an antibiotic, neuroprotectant, and anti-

inflammatory. But like CBD, it won't get you high.

Dab: A powerful concentrate of THC that can have up to 80 to 90 percent THC. Proceed with caution.

Decarboxylation: The process of activating the cannabinoids in your cannabis via high, fast heat (smoking and vaporizing it) or low, slow heat (baking or cooking it). THC must be decarboxylated to make it psychoactive.

Dioecious: Plants that are either male or female.

Dispensaries: A place that sells or “dispenses” cannabis.

Dopamine: A neurotransmitter that is partially responsible for our ability to feel pleasure. Cannabis boosts dopamine, but not as much as previously thought.

Dorsolateral Prefrontal Cortex: An area in the prefrontal cortex of the brain that controls executive function, including working memory and abstract reasoning.

Dutchie: A cannabis blunt rolled inside a Dutch Master's cigar and inspiration for the iconic cannabis party rule, “Pass the dutchie on the left-hand side.”

Edible: A food product that contains cannabis. Edibles can include candy, chocolate, cooking oils, and baked goods. In other words: don't leave your edibles unmarked!

Endocannabinoid System: A biological system made up of three core components—endocannabinoids, receptors, and enzymes. The ECS helps keep our bodies in a state of homeostasis, or balance. The ECS receptors also react with phytocannabinoids to get us high and happy.

Endocannabinoids: Neurotransmitters, or chemical messengers, that occur naturally in the body and bind to endocannabinoid receptors to help the body run smoothly.

Entheogen: A psychoactive substance, often derived from plants, that is ingested to create an altered state of consciousness for religious or

spiritual purposes.

Ghrelin: The “hunger hormone,” or hormone in the gastrointestinal tract that increases appetite and is stimulated when you consume cannabis.

Hemp: The term used to signify cannabis that contains 0.3 percent or less THC content. Hemp can be imbibed if you’re in the mood for a very (very) mellow high, but it’s mostly known for being a plant material used to make paper, rope, and clothing.

Hotbox: Smoking in an enclosed space so that the smoke from your cannabis goes into your lungs and enhances your overall experience. We’re not saying you should try this at a drive-in movie, but should you want to, motor on over to “Drive-In: The Platinum Experience.”

Hypothalamus: The small region of the brain that releases hormones and helps keep your body in homeostasis, or balance.

Indica: A stout, broad-leaf variety of cannabis, anecdotally thought to produce a relaxing full body high. Studies now reveal that effects come from the chemical profile of a strain, not whether it’s an indica or sativa.

Kief: An accumulation of trichomes, or resin glands, sifted from cannabis’s flowers. It’s the most potent part of the cannabis plant with the highest amount of THC.

Kine: Extra potent, premium-grade cannabis (e.g., “Can’t wait to go over to Sally’s for movie night; you know she’s got that kine bud.”).

Microdose: A small amount of cannabis, typically 5 milligrams or less, in the form of an edible or tincture, often used to increase focus and flow and reduce pain and anxiety with minimized psychoactive effects. In other words: it’s safe for work.

Mirror Neurons: Neurons that fire when you see someone act a certain way (laugh, yawn, smile). They can help with understanding and empathy.

Neurotransmitter: A chemical messenger that binds to receptors and sends signals from a neuron to other cells in the body.

Nucleus accumbens: A region of the brain that is in charge of pleasure and reward behavior. It releases dopamine when activated.

Oxytocin: A neurotransmitter, often called the “love hormone.” Oxytocin triggers the release of the endocannabinoid anandamide, THC’s doppelganger.

Phytocannabinoids: Cannabinoids that are produced naturally in cannabis plants.

Prefrontal cortex: The region that covers the front part of the brain’s frontal lobe and is involved in decision-making and cognitive behavior.

Psychoactive: Any substance that affects the mind and nervous system and alters mood, perception, and behavior (i.e., cannabis).

Psychotropic: Any drug that affects behavior, mood, thoughts, or perception. Cannabis is a psychotropic drug.

Resin: The sticky part of the cannabis plant produced by the plant’s trichomes. Resin can be turned into hash, rosin, etc. and is high in THC.

Sativa: A tall, narrow-leaf variety of cannabis, anecdotally thought to produce an energizing and uplifting cerebral high. Studies now reveal that effects come from the chemical profile of a strain, not whether it’s an indica or sativa.

Serotonin: A neurotransmitter that plays a role in mood, happiness, and well-being. Cannabis boosts serotonin, but not as much as previously thought.

Shake: Leftovers from loose cannabis that can be used in edibles and extracts (e.g., “Dude, don’t toss that shake. I’m making dinner later!”).

Sinsemilla: Spanish for “without seeds.” Fun fact: seedless cannabis is more potent than cannabis with seeds.

Strain: A particular variety, or breed, of cannabis.

Terpenes: Aromatic oils that give cannabis (and other plants) its specific smell and taste.

Tetrahydrocannabinol/THC: The main psychoactive cannabinoid in cannabis. Or...the thing that gets you high.

Tincture: A concentrated herbal extract that can include cannabinoids such as CBD and THC.

Trichomes: The tiny resinous hairs on the cannabis flower that produce the cannabinoids and terpenes. Trichomes are the reason everyone wants dank “sticky” bud.

Vasodilator: A substance, such as THC, that widens blood vessels and increases blood flow in your body.

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